

Wendover Health Centre Timetable 2025: Forever Cycling and Seated exercise

Location: Wendover Health Centre, Aylesbury Rd, Wendover HP22 6LD

Date and Time	Session
Wednesday 22nd October 1:15-2:15 pm	Seated Exercise
Wednesday 29th October 1:15-2:15 pm	Forever Cycling
Wednesday 5th November 1:15-2:15 pm	Seated Exercise
Wednesday 12th November 1:15-2:15 pm	Forever Cycling
Wednesday 19th November 1:15-2:15 pm	Seated Exercise
Wednesday 26th November 1:15-2:15 pm	Forever Cycling
Wednesday 3rd December 1:15-2:15 pm	Seated Exercise
Wednesday 10th December 1:15-2:15 pm	Forever Cycling
Wednesday 17th December 1:15-2:15 pm	Seated Exercise

**There will be no sessions on the 24th & 31st December.
The first session back in 2026 will be on the 7th January.**

For further information please contact Amelia Evans: amelia.evans@aitc.org.uk / 07399 748803
<https://www.activeinthecommunity.org.uk/over-50s/>