

## Gateshead Strength and Balance Service: 2025 Class Dates

VENUE	START DATE	END DATE
<b>Heworth Leisure Centre</b>  <i>Tuesdays, 1-2pm</i> <b>14 week programme</b>	Tuesday 21 <sup>st</sup> January <b>FULL</b>	Tuesday 22 <sup>nd</sup> April
	Tuesday 29 <sup>th</sup> April Several spaces available	Tuesday 29 <sup>th</sup> July
	Tuesday 5 <sup>th</sup> August Spaces available	Tuesday 4 <sup>th</sup> November
<b>Blaydon Leisure Centre</b>  <i>Wednesdays, 12.30-1.30pm</i> <b>14 week Programme</b>	Wednesday 29 <sup>th</sup> January <b>FULL</b>	Wednesday 30 <sup>th</sup> April
	Wednesday 7 <sup>th</sup> May <b>FULL</b>	Wednesday 6 <sup>th</sup> August
	Wednesday 13 <sup>th</sup> August Spaces available	Wednesday 12 <sup>th</sup> November
<b>Rowlands Gill Community Centre</b>  <i>Thursdays, 11am-12.30</i> <b>14 week programme</b>	Thursday 27 <sup>th</sup> February <b>FULL</b>	Thursday 29 <sup>th</sup> May
	Thursday 5 <sup>th</sup> June Spaces available	Thursday 4 <sup>th</sup> September
	Thursday 11 <sup>th</sup> September Spaces available	Thursday 11 <sup>th</sup> December
<b>Birtley Family Hub</b>  <i>Mondays, 1-2pm</i> <b>12 &amp; 14 week programme</b>	Monday 17 <sup>th</sup> February <b>FULL</b>	Monday 19 <sup>th</sup> May
	21 <sup>st</sup> April Easter Monday 5 <sup>th</sup> May Bank Holiday 26 <sup>th</sup> May Bank Holiday  Monday 1 <sup>st</sup> September Spaces available	Monday 1 <sup>st</sup> December

For any queries, please contact: [ghnt.communitystrengthandbalance.nhs.net](mailto:ghnt.communitystrengthandbalance.nhs.net)