



Living Well North Tyneside

Supporting Health and Wellbeing

Keep Fit

A great all round session for people wanting to improve their health.

Seated Zumba®

All the fun of a Zumba® session taught from a seated position.

Mat Pilates

Improve your strength, balance and posture.

Seated Pilates

Encourage strength, relaxation and breathing from a seated position.

Seated Exercise

Improve your posture and balance from a seated position.

Strength & Balance

Improve your strength and balance through exercises using resistance bands.

Virtual Exercise Classes

Join in from the comfort of your own home with our Virtual Exercise Classes.

Wellbeing Walks

An informal walk along our be

To join any of the classes, or for further information:

Physical Activities | Age UK North Tyneside



0191 280 8484



enquiries@ageuknorthtyneside.org.uk



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13 Saville Street West
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<https://www.ageuk.org.uk/northtyneside/>

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