

# Otago strength & balance classes - Surrey Downs CCG



Otago is a gentle exercise programme designed for both ladies and men who want to maintain their independence.

By improving strength and balance, Otago will reduce your risk of a fall.

Suitable for all those who can stand up from a chair and remain standing for 5 minutes.

LOCATION	VENUE	DAY	TIME	COST	CONTACT FOR INFO
Claygate	Claygate Centre	Every Tues	14.45 -15.30	£5 pw	Viv 07973 825279
Cobham	Cobham Centre	Every Mon	13.00 -13.45	£5 pw	Viv 07973 825279
Dorking	The Christian Centre	Every Mon	14.00 -15.00	£4.50 pw	Diana 01306 879194
Epsom	Rainbow Leisure Centre	Every Tues	10.30 -11.45	£4 pw	Alison 01372 727277
Epsom	Rainbow Leisure Centre	Every Fri	11.00 -11.45	£4 pw	Alison 01372 727277
Epsom	Epsom Methodist Church	Every Weds	12.30 -13.15 13.30 -14.10	6 wks: £30	Karen 07771 647132
Ewell	Bourne Hall	Every Tues	10.00 -11.00	£4 pw	Sue 07842 126119
Leatherhead	Fairfield Centre	Every Mon	10.30 -11.30	6 wks: £25	Christina 01372 376058
Leatherhead	Fairfield Centre	Every Tues	10.30 -11.30	6 wks: £25	Liz 01372 376058
Leatherhead	Fairfield Centre	Every Fri	12.00 - 13.00	6 wks: £25	Liz 01372 376058
Molesey	Molesey Adult Learning	Every Fri	11.15 -12.15	12 wks: £82	Saba 0300 2001044
Molesey	St Paul's Church Hall	Every Weds	14.20 -14.55	£5 pw	Viv 07973 825279

For details of all the Otago strength & balance courses across Surrey see:  
[www.activesurrey.com/agewell](http://www.activesurrey.com/agewell) #otago

