

Activity List - February 2025

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Please note, any groups highlighted in yellow will not be running during half term, week commencing 17th February.

Mondays		
Walk & Talk (women only)	10.00am - 11.00am	KHL (Book via KHL)
Dance & Tone	10.00am - 10.45am	Civic Hall (Book via KHL)
Somatic Yoga <small>Cannot be booked as well as Monday Seated Yoga No class on 3rd February or during half term</small>	11.00am - 12.00pm	Civic Hall (Book via KHL)
Seated Yoga <small>Cannot be booked as well as Monday Somatic Yoga No class on 3rd February or during half term</small>	11.00am - 11.45am or 12.00pm - 12.45pm	KHL (Book via KHL)
Parkinson's Support Group <small>3rd, 10th, 17th February</small>	1.30pm - 3.30pm	KHL (Book via KHL)
Angelic Reiki Group <small>3rd February</small>	6.00pm - 8.00pm	Call 07712804538 to book
Skipton Hearts Support Group <small>17th February</small>	6.00pm - 7.30pm	Quaker Meeting Room, Skipton, BD23 2JA (Drop in)
Tuesdays		
Conversation Café <small>Special event for World Cancer Day on 4th February</small>	10.00am - 11.45am	KHL (Drop in)
BalletBeFit (women only) <small>No class on 4th February or during half term</small>	10.00am - 10.45am	Civic Hall (Book via KHL)
BalletBeFit Exercise Class <small>No class on 4th February or during half term</small>	11.00am - 11.45am	Civic Hall (Book via KHL)
Art4All (Drawing and painting class)	10.00am - 12.00pm or 12.30pm - 2.30pm	KHL (Book via KHL)
Movement Matters with Mary Parkinson <small>Online class</small>	10.30am - 11.30am	'KHL - Exercise and Wellbeing at Home' on Facebook
Sit & Stay Fit <small>No class on 4th February or during half term</small>	12.15pm - 1.00pm	KHL (Book via KHL)
Maternity Circle (fortnightly) <small>2nd & 4th Tuesday of the month</small>	12.00pm - 2.00pm	The Hive, Silsden, BD20 0DE (Drop in)
Exercise & Tone (women only)	1.15pm - 2.00pm	BCA, BD21 1PW (call 01535 604359 to book)
Bereavement Support Group (monthly) <small>18th February</small>	1.00pm - 3.00pm at Central Hall, Alice Street, BD21 3JD (Book via KHL) 6.00pm - 8.00pm at KHL, Scott Street, BD21 2JH (Book via KHL)	
Rethinking Pain Exercise Group	1.00pm - 2.00pm at West Lane Baptist Church, Haworth BD22 8EN 2.45pm - 3.45pm at The Hive, Silsden BD20 0DE (Book via KHL)	
Cardio Blast (women only) <small>No class on 4th February or during half term</small>	1.15pm - 2.00pm	KAWACC, BD21 3HU (call 07593 791682 to book)
Movement Matters with Andy Watmuff	7.00pm - 8.00pm	'KHL - Exercise and Wellbeing at Home' on Facebook
Wednesdays		
Maternity Circle (monthly) <small>Last Wednesday of the month</small>	9.30am - 11.00am	Sangat Centre, Marlborough Street, BD21 3HU (Drop in)
Art4All (Drawing and painting class)	10.00am - 12.00pm or 12.30pm - 2.30pm	KHL (Book via KHL)
DDMIX (Dance Exercise)	10.00am - 10.50am	Civic Hall (Book via KHL)
Maternity Circle (fortnightly) <small>1st & 3rd Wednesday of the month</small>	10.30am - 12.00pm	Haworth Medical Practice BD22 8DH (Drop in)
Fit-Start	11.00am - 12.00pm	Civic Hall (Book via KHL)
Seated Zumba® Gold	11.15am - 12.00pm	Queens Hall, Burley in Wharfedale, LS29 7BT (Book via KHL)

Wednesdays Continued		
DDMIX and Sit (women only)	11.15am – 12.00pm	Sangat Centre (call 01535 610263 to book)
Maternity Circle (fortnightly) <i>2nd & 4th Weds of the month</i>	12.00pm - 2.00pm	Keighley Rainbow Family Hub BD22 6JB (Drop in)
Give it a go <i>5 week course, ends on 12th February</i>	1.00pm - 3.00pm	KHL (Book via KHL)
Origami Workshop <i>One off session - 26th February</i>	1.00pm - 3.00pm	KHL (Book via KHL)
Movement Matters with Alison Lee <i>Online class</i>	2.00pm - 3.00pm	'KHL - Exercise and Wellbeing at Home' on Facebook
Maternity Circle Pregnancy Group (monthly) <i>5th February</i>	5.00pm - 7.00pm	KHL (Drop in)
Thursdays		
Maternity Circle (monthly) <i>27th February</i>	9.30am - 11.30am	Modality Unit, Airedale Shopping Centre (Drop in)
Busy Minds - Relaxation & Mindfulness <i>6th and 20th February</i>	9.45am - 11.45am	Run by Well Together (call 01274 259190 to book)
STICKS - Crochet & Knitting <i>13th and 27th February</i>	9.45am – 11.45pm	Run by Well Together (call 01274 259190 to book)
Wharfedale Wellness Together Mental Health Support Group	10.00am - 12.00pm	Christchurch, The Grove, Ilkley LS29 9LW (Drop in)
Keighley Hearts Support Group (monthly) <i>13th February</i>	10.00am - 11.30am	Sangat Centre (Drop in)
Games Café	10.00am - 11.45am	KHL (Drop in)
Core and Floor (women only)	10.00am – 10.45am	Civic Hall (Book via KHL)
Cardio Conditioning	11.00am - 11.45am	Civic Hall (Book via KHL)
Keighley History Walk	11.00am – 12.00pm	Meet at KHL (Book via KHL)
Seated & Strength Training	12.00pm - 12.45pm	Civic Hall (Book via KHL)
Maternity Circle	12.30pm - 3.30pm	KHL (Drop in)
Oakworth Shed (Woodwork Activities)	1.00pm - 3.00pm	Oakworth Village Hall (Drop in)
Rethinking Pain Support Group <i>20th February</i>	2.00pm - 3.30pm	KHL (Drop in)
Fridays		
Maternity Circle (monthly) <i>1st Friday of the month</i>	9.30am - 11.00am	Good Shepherd Centre, BD22 6ES (Drop in)
Tai Chi & Tea <i>Cannot be booked as well as Sit & Stand Somatic Yoga</i>	10.00am – 11.00am	KHL (Book via KHL)
Maternity Circle	10.00am - 11.30am	All Saints Pre-School, Ilkley LS29 8HZ (Drop in)
Sit & Stand Somatic Yoga <i>Cannot be booked as well as Tai Chi & Tea</i>	11.15am - 12.00pm	KHL (Book via KHL)
Seated Mindfulness Yoga	1.00pm - 2.00pm	Silsden Town Hall BD20 0AJ (Book via KHL)
BSL: Introduction to British Sign Language <i>5 week course starts 7th March</i>	9.45am - 12:15pm	Please contact KHL to register your interest
By Appointment		
Young Parents 1:1 Support	Various times available	Contact Flora on 07920432428 - Booking is essential
Pregnancy and Parenting Sessions		
Keighley Pathways Wellbeing Service		
Keighley Pathways Health & Wellbeing with KHL <i>1:1 support - appointment only</i>	Wednesdays 1.00pm - 5.00pm	Keighley Library (call 01535 610180 to book)