



SPORTS £ POUND



FREE ACTIVITY SESSIONS

- Do you do less than 30 minutes exercise a week?
- Do you live in South Gloucestershire?
- Are you aged between 14 and 100?

IF YES

You are eligible for a SportsPound voucher booklet containing 8 **FREE** fitness/exercise/sport sessions.

See inside this leaflet for what is on offer!

Please go on to the website page to complete a registration form

For more information please contact the SportsPound team Tel: **01454 865821**
email: sportspound@southglos.gov.uk Follow us on Twitter: [@sportspoundsg](https://twitter.com/sportspoundsg)
For the latest offers checkout our webpage www.southglos.gov.uk/sportspound

Activity/Club	Day/times	Location	Contact details – contact before attending
Dementia friendly activities	Mon 10am-12pm (term time only)	We meet in Soho Coffee Shop - Yate Leisure centre	Tel: 0300 333 0300
Badminton (recreational-No strings, just play)	Wed 8pm-10pm	Yate Leisure Centre	
Studio Cycling (indoor cycling with music & instructor)	Monday 5.15-6.00pm & Thursday 6.00-6.45pm		
Swimming	Mon, Tue, Wed & Fri 2.30-4.00pm		
Pump Uk – Martial Arts	Contact for details	Yate Leisure Centre	Raymond Gayle raygayle@me.com
Aerobics, Boxercise	Wed 10:45am-11.30am	Yate Community Centre Station Rd BS37 4PQ	text or email to confirm beforehand: Tel: 07975 943589 www.realfitnesswithsarah.com
Fitness Pilates	Wed 6:35pm – 7.30pm	Raysfield Junior School, Chipping Sodbury BS37 6JE	facebook.com/realfitnesswithsarah
Running Group	Thur 7pm	Yate Outdoor Sports Centre	malkwhite.mw@googlemail.com
Exercise and Friendship Groups (gentle exercise, includes refreshments)	Fri 10am-11:30 am	Cambrian Green Court (Housing 21), Yate, BS37 5TR	Please call before attending Spencer Tel: 07825155854 info@sportingchance-pt.co.uk
	Mon 10-11:30am	St Nicholas Family Centre, Chargrove, Yate, BS37 4LG	Please call before attending Spencer Tel: 07825155854 info@sportingchance-pt.co.uk
Bounce back – (Post-natal)	Wed 9.30am-10.15am	Stapleton School of Dance The Ridgewood centre, Yate BS37 4AF	Tel: 07766730838 Email: fitmumsyate@gmail.com Facebook https://www.facebook.com/fitmumsyate/
Fit bumps (Pregnancy class)	Tuesday 6.30-7.30pm	Stapleton School of Dance The Ridgewood centre, Yate BS37 4AF	
Buggy boot camp (post-natal outdoor exercise with your babies)	Thursday 9.30am-10.15am	The Ridings Chipping Sodbury -Meet outside the rugby club	
Bounce back – (Post-natal)	Wed 9.30am-10.15am	Stapleton School of Dance The Ridgewood centre, Yate BS37 4AF	
Walking Football	Tuesday 6pm-7pm	Bowling Road, Chipping Sodbury BS37 6EW	
Temples Taekwondo	Mondays & Thursdays 6:15pm	Thornbury Leisure Centre, Alveston Hill BS35 3JB	Ben Temple, btemple@hotmail.com 07825369847
Body Conditioning	Mon 9am & Fri 10am	Thornbury Leisure Centre, Alveston Hill BS35 3JB	0300 333 0300 http://www.activecentres.org/centres/thornbury/
Boxfit (aerobic)	Monday 5.30-6.30pm		
Ladies recreational sessions, inc Hockey, Netball & Volleyball	Wed & Fri 10am-12pm		
Swimming	Mon-Fri 12pm-4pm		

Sociable court time for fun, friends and fitness



no strings 



**No fuss, just fun - pay & play
low-cost local badminton**

No Strings Badminton Session at Yate
Leisure Centre
Every Wednesday 8-10pm - Just Turn
Up and Play

Use your Sportspond voucher to
access the session
For more information call;
0300 333 0300

Find sessions here:

badmintonengland.co.uk/nostrings

