

FREE ACTIVITY SESSIONS

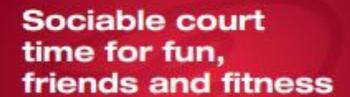
- Do you do less than 30 minutes exercise a week?
- Do you live in South Gloucestershire?
- Are you aged between 14 and 100?

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

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	
Badminton (recreational-No strings, just play) Studio Cycling (indoor cycling with music & instructor)	Wed 8pm-10pm Monday 5.15-6.00pm & Thursday 6.00- 6.45pm	Yate Leisure Centre	Tel: 0300 333 0300
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
Fitness Pilates	Wed 6:35pm – 7.30pm	Raysfield Junior School, Chipping Sodbury BS37 6JE	www.realfitnesswithsarah.com facebook.com/realfitnesswithsarah
Running Group	Thur 7pm	Yate Outdoor Sports Centre	malkwhite.mw@googlemail.com
Exercise and Friendship	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
Groups (gentle exercise, includes refreshments)	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	
Fit bumps (Pregnancy class)	Tuesday 6.30-7.30pm	Stapleton School of Dance The Ridgewood centre, Yate BS37 4AF	Tel: 07766730838 Email: fitmumsyate@gmail.com Facebook
Buggy boot camp (post-natal outdoor exercise with your babies)	Thursday 9.30am- 10.15am	The Ridings Chipping Sodbury -Meet outside the rugby club	https://www.facebook.com/fit mumsyate/
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	enquiries@chippingsodburyscho ol.com 01454 862900
Temples Taekwondo	Mondays & Thursdays 6:15pm	Thornbury Leisure Centre, Alveston Hill BS35 3JB	Ben Temple, <u>btemple@hotmail.com</u> 07825369847
Body Conditioning	Mon 9am & Fri 10am		
Boxfit (aerobic)	Monday 5.30-6.30pm	Thornbury Leisure Centre,	0200 222 0200
Ladies recreational sessions, inc Hockey, Netball & Volleyball	Wed & Fri 10am-12pm	Alveston Hill BS35 3JB	0300 333 0300 http://www.activecentres.or g/centres/thornbury/
Swimming	Mon-Fri 12pm-4pm		







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 Sportspound voucher to access the session For more information call; 0300 333 0300

Find sessions here:

badmintonengland.co.uk/nostrings



