

**COMMUNITY PHYSICAL ACTIVITY SESSIONS – Targeting Older Adults and/or with a Long Term Health Condition.**

Name of class	Description	Location/Centre	Day	Time	Cost	Contact
Live Well Swindon's Wheels 4 All	Supported safe cycling sessions around the track for all abilities. A variety of bikes are available, and helmets provided	County Ground Athletics Track	Monday	10.00-10.45 11.00-11.45 12.00-12.45	£3.00 per session	Live Well Swindon 01793 465513 <a href="mailto:LiveWell@swindon.gov.uk">LiveWell@swindon.gov.uk</a>
Donna's Gentle Circuits	A gentle, low impact group exercise class with a combination of cardio and strength exercises	Grange Leisure and Community Centre	Monday	09.00-10.00	£5.00 per session	Donna Tidmarsh 07968624524 <a href="mailto:donna@dwibble.com">donna@dwibble.com</a>
Donna's Falls Prevention	A gentle exercise class to improve leg strength and balance to lessen the risk of falls	Grange Leisure and Community Centre	Monday	10.00-11.00	£5.00 per session	Donna Tidmarsh 07968624524 <a href="mailto:donna@dwibble.com">donna@dwibble.com</a>
GLL's Senior Club Activity Session	The session will include fun activities that have a sporting element, working on improving balance and strength to help prevent falls in everyday life, improve the participants everyday life with mobility exercise	Haydon Centre	Monday	11.00-12.00	£4.00 per session	Leigh Stonewells 07521 147431 <a href="mailto:Leigh.Stone@GLL.ORG">Leigh.Stone@GLL.ORG</a>
Margo's Exercise to Music	A combination of low impact aerobic exercise with some strength and conditioning	Coleview C/C	Monday	13.45-14.45	£4.50 per session	Margo Pratt 01793 536465 or 07928 817422
Lin's Gentle Circuits (Suitable for cardiac clients)	A gentle, low impact group exercise class with a combination of cardio and strength exercises	Christchurch Community Centre Old Town	Monday	14.00-15.00	£4.50 per session	Lin Jefferies 07763 283 611 <a href="mailto:linjefferies@hotmail.com">linjefferies@hotmail.com</a> FACEBOOK: Lin's Fitness
GLL's Senior Club Activity Session	The activity session will include fun activities that have a sporting element, working on improving balance and strength to help prevent falls in everyday life, improve the participants everyday life with mobility exercise	Link Centre	Monday	14.00-15.00	£4.00 per session	Leigh Stonewells 07521 147431 <a href="mailto:Leigh.Stone@GLL.ORG">Leigh.Stone@GLL.ORG</a>
Margo's Exercise to Music	A combination of low impact aerobic exercise with some strength and conditioning	Ellendune C/C	Tuesday	9.30-10.30	£4.50 per session	Margo Pratt 01793 536465 or 07928 817422

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Lin's Gentle Circuits (Suitable for cardiac clients)	A gentle, low impact group exercise class with a combination of cardio and strength exercises	Pinetrees Community Centre	Tuesday	10.00-11.00	£4.50 per session	Lin Jefferies 07763 283 611 <a href="mailto:linjefferies@hotmail.com">linjefferies@hotmail.com</a> FACEBOOK: Lin's Fitness
Donna's Falls Prevention	A gentle exercise class to improve leg strength and balance to lessen the risk of falls	Lawn Community Centre	Tuesday	12.30-13.30	£5.00 per session	Donna Tidmarsh 07968 624524 <a href="mailto:donna@dwibble.com">donna@dwibble.com</a>
GLL's Inclusive Swimming (16+)	Fun, friendly swim session for those with learning and/or physical disabilities. Also appropriate for those with stable health conditions, including poor mental health. Although not a structured lesson, staff are available to support and motivate.	Link Centre	Tuesday	14.00-15.00	£3.50 per session	GLL - Link Centre 01793 877323 To book online please [ <a href="#">click here</a> ]
Fitness & Friendship Club (Age UK)	A social club for older people with an emphasis on keeping active. Open to all older people in Swindon who would like the opportunity to take part in activities and gentle exercise. Activities include bowling, skittle, kurling, quoits and gentle Tai Chi. Refreshment included. Disabled access at main entrance. Free parking	Central Community Centre	Tuesday (alternate)	14.00-16.00	£5.00 per session	Age UK 07754 612 569 <a href="mailto:fitnessandfriendship@ageukwiltshire.org.uk">fitnessandfriendship@ageukwiltshire.org.uk</a>
Lin's Exercise to Music	Gentle exercises with light weights suitable for all abilities.	Pinetrees Community Centre	Wednesday	10.00-11.00	£4.50 per session	Lin Jefferies 07763 283 611 <a href="mailto:linjefferies@hotmail.com">linjefferies@hotmail.com</a> FACEBOOK: Lin's Fitness
GLL's (Sam's) Seated Exercise (16+)	Fun, friendly seated exercise class for those with learning and/or physical disabilities. Also appropriate for those with stable health conditions, including poor mental health. Exercise to music will include elements of Zumba, Rockbox and Fitness Pilates	Link Centre	Wednesday	10.00-11.00	£3.50 per session	GLL - Link Centre 01793 877323 or Or contact Live Well Swindon

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Music & Movement Class	A gentle, low impact exercise to music class	Highworth Rec	Wednesday	10.30-11.30	£4.95 per session	Halo Highworth Rec 01793 762602
Donna's Gentle Circuits	A gentle, low impact group exercise class with a combination of cardio and strength exercises	Grange Leisure and Community Centre	Wednesday	10.30-11.30	£5.00 per session	Donna Tidmarsh 07968624524 <a href="mailto:donna@dwibble.com">donna@dwibble.com</a>
Lin's Gentle Circuits (Suitable for cardiac clients)	A gentle, low impact group exercise class with a combination of cardio and strength exercises	Christchurch Community Centre Old Town	Wednesday	16.30-17.30	£4.50 per session	Lin Jefferies 07763 283 611 <a href="mailto:linjefferies@hotmail.com">linjefferies@hotmail.com</a> FACEBOOK: Lin's Fitness
Live Well Swindon's Wheels 4 All	Supported safe cycling sessions around the track for all abilities. A variety of bikes are available, and helmets provided	County Ground Athletics Track	Thursday	10.00-10.45 11.00-11.45 12.00-12.45	£3.00 per session	Live Well Swindon 01793 465513 <a href="mailto:LiveWell@swindon.gov.uk">LiveWell@swindon.gov.uk</a>
Stephanie's Chair Yoga	Gentle movements synchronised with breath. The class also includes a short meditation. Please book in advance	Ellendune C/C	Thursday	10.00-11.00	£5.00 per session	Stefanie Young 07516 313502
Margo's Exercise to Music	A combination of low impact aerobic exercise with some strength and conditioning	Buckhurst C/C, Walcot	Thursday	10.00-11.00	£4.50 per session	Margo Pratt 01793 536465 or 07928 817422
Step Out Swindon's Gentle/Mobility Walk	Specifically designed for those who are not able to walk far or have mobility issues this short walk is ideal to get you started back on the path to fitness.	Haydon Centre	Thursday	10.30-11.00	Free	Grahame Lee on 07932 109209 <a href="http://ramblers.org.uk">Haydon Wick Gentle Mobility Walk (ramblers.org.uk)</a>
Margo's Seated Exercise	A combination of mobility exercises, with strength and balance exercises included	Coleview C/C	Thursday	11.30-12.30	£4.50 per session	Margo Pratt 01793 536465 or 07928 817422
GLL's Senior Club Activity Session	The session will include fun activities that have a sporting element, working on improving balance and strength to help prevent falls in everyday life, improve the participants everyday life with mobility exercise	Link Centre	Thursday	14.00-15.00	£4.00 per session	Leigh Stonewells 07521 147431 <a href="mailto:Leigh.Stone@GLL.ORG">Leigh.Stone@GLL.ORG</a>

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Donna's Phase IV Cardiac Rehab (Suitable for cardiac clients)	A circuit style class to progressively increase cardiovascular exercise ability after cardiac event.	Pinetrees Community Centre	Friday	09.30-10.30	£5.00 per session	Donna Tidmarsh 07968624524 <a href="mailto:donna@dwibble.com">donna@dwibble.com</a>
Live Well Swindon's Wheels 4 All	Supported safe cycling sessions around the track for all abilities. A variety of bikes are available, and helmets provided	County Ground Athletics Track	Friday	10.00-10.45 11.00-11.45	£3.00 per session	Live Well Swindon 01793 465513 <a href="mailto:LiveWell@swindon.gov.uk">LiveWell@swindon.gov.uk</a>
GLL's Senior Club Activity Session	The session will include fun activities that have a sporting element, working on improving balance and strength to help prevent falls in everyday life, improve the participants everyday life with mobility exercise	Haydon Centre	Friday	11.30-12.30	£4.00 per session	Leigh Stonewells 07521 147431 <a href="mailto:Leigh.Stone@GLL.ORG">Leigh.Stone@GLL.ORG</a>

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**Other Activities with Various Offers**

Name of Activity	Description	Contact/Website
<b>Step Out Swindon - Wellbeing Walks</b>	Our free 1-hour walks are at a good steady pace to improve fitness. New members are always made welcome and the ability to walk for about an hour is the only qualification required. We take care of those who start off slowly and ensure that they always get back for the all important refreshments and social chat at the end of every walk	Grahame Lee 07932 109209 <a href="http://ramblers.org.uk">Swindon, Swindon, England (ramblers.org.uk)</a>
<b>Guided Rides</b>	Organised, free and friendly local rides, led by knowledgeable ride leaders All you have to do is bring your bike and pedal. Our Ride Leaders to the rest. It's easy. It's free. And it's a fantastic day out for the whole family, friends, or just on your own. You'll meet new people, improve your fitness, and get more confident on your bike	<a href="http://letsride.co.uk">Let's Ride - Homepage (letsride.co.uk)</a>
<b>Park Run</b>	parkruns are free, weekly, community events all around the world (typically weekly free 5km timed runs). parkrun is a positive, welcoming and inclusive experience where there is no time limit, and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate. Lydiard Saturday at 9:00am                      Seven Fields Saturday at 9:00am	<a href="#">home   parkrun UK</a> <a href="#">home   Lydiard parkrun   Lydiard parkrun</a> <a href="#">home   Seven Fields parkrun   Seven Fields parkrun</a>
<b>Walking Football</b>	Walking Football - the beautiful game at a slower pace. A minimum physical contact version of the beautiful game for men and women aged 50 years or more (over 65 for GLL session), which is also suitable for people who may have had mobility, fitness or health problems which prevents them from playing a faster paced game. This slow-paced version of the popular game is an ideal way to exercise and meet new people. Sessions paid for. Various locations across Swindon.	<a href="#">Walking football   Swindon Town FC Community Foundation (stfcfoundation.com)</a> <a href="#">HOME   www.highworthwfc.com</a> <a href="#">Better   Generation Gain   Zurich Project   Community</a> <a href="#">Walking Football - Wiltshire FA</a>
<b>Walking Netball</b>	Walking Netball is a slower version of the game we all love; it is netball, but at a walking pace. Walking Netball has been designed so that anyone can play it regardless of age or fitness level. Women the length of the country have started playing Walking Netball for the fun, laughter and camaraderie the social session brings, as much as the health benefits on offer. Sessions paid for.	<a href="#">England Netball   Walking Netball</a>  <a href="#">Clubs &amp; Groups - Wiltshire   Halo Leisure</a>

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<b>Park Yoga</b>	Park Yoga aims to connect people to the natural outdoors, through a relaxing, energising and breath-taking yoga session, improving wellbeing and creating a positive ripple effect throughout communities Park Yoga is a charity that provides free outdoor yoga sessions around the UK. <b>Summer Months ONLY.</b> The sessions run throughout the summer from May to September for people of all ages, backgrounds and abilities. Queens Park Sundays 9.30-10.30am	<a href="#">Park Yoga Swindon - ParkYoga</a>
<b>Extra Time</b>	Health and Fitness for Over 60s - weekly opportunities for retired/semi-retired men and women over the age of 60 years, to try out different sports, at some of the best venues in and around Swindon. As well as providing a sport/activity on a weekly basis, we also offer a really important social activity, by providing our groups with teas and coffees at the end of each session (we even sometimes have a quiz!). Both groups meet on a weekly basis, with the men meeting every Tuesday morning from 10-12pm, and the ladies group meeting on a Thursday morning at the same time. Participants regularly take part in activities such as: Golf, Bowls, Horse Riding, Water Polo, Walking Football, and Orienteering. The Extra Time programme costs £17.50 per month and covers all activities (and the tea and coffee!)	<a href="#">Extra Time   Swindon Town FC Community Foundation (stfcfoundation.com)</a>  <a href="mailto:james.s@STFCfoundation.com">james.s@STFCfoundation.com</a>
<b>Swindon Therapy Centre</b>	The Centre offers - social events, neuro physiotherapy, specialist exercise classes, complimentary therapies and oxygen to support the body's healing, counselling and advice. The centre offers therapies, advice and support to people with MS and other Neurological conditions and their families in Swindon and the local area Membership required (£20/year), plus additional costs	<a href="#">Helping People With Neurological Conditions (msswindon.org.uk)</a> 01793 481700 <a href="mailto:stcswindon@msswindon.org.uk">stcswindon@msswindon.org.uk</a>
<b>Inclusfit Classes</b>	Beginner friendly - class has a mixture of disabled, non-disabled and older participants. Classes include Rockbox, Clubbercise, HIT, Zumba & Zumba Toning Sessions paid for.	Sam James 07989656280 <a href="mailto:sam@inclusfit.co.uk">sam@inclusfit.co.uk</a> <a href="http://www.inclusfit.co.uk">www.inclusfit.co.uk</a>
<b>Sam H Pilates</b>	These Pilates classes are mixed ability and suitable for all levels as lots of options are given. Classes can either be attended face to face in the studio, online or on demand. The four types of classes on offer; Pure Core, Mobility & Flexibility, Strength and Pilates Combo – the workout that combines all three elements. Sessions paid for.	Sam Hobbs 07925190954 <a href="#">Sam H Pilates</a> <a href="https://www.samhpilates.com/">https://www.samhpilates.com/</a>

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Swindon Borough Council provides this information, provider contact details and website links to you only as a convenience and/or for educational purposes, and the inclusion of any link or provider contact details does not imply any affiliation, endorsement, or adoption by Swindon Borough Council of the activity or provider.

Such activities, websites and resources are not under Swindon Borough Council's control. Swindon Borough Council is not responsible for the content of any such linked provider activity or websites. Swindon Borough Council makes no claim or representation regarding, and accepts no responsibility for, the quality, content, nature, reliability or safety of third-party providers, websites or resources.

If you choose to engage in these activities, it is done so at your own risk. Please note, you may be asked additional health questions prior to engaging in any of the activities. For further information, please use the contact information provided for the session(s) you are interested in. Please note, this list is not exhaustive and there may be other community offers available that are more suited to your needs.

This timetable is compiled by Swindon Borough Council, Live Well Swindon. Tel 01793 465513 Email [livewell@swindon.gov.uk](mailto:livewell@swindon.gov.uk)