

COMMUNITY PHYSICAL ACTIVITY SESSIONS – Targeting Adults with/without 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. Helmets provided	County Ground Athletics Track	Monday	09.45-10.30 10.30-11.15	£3.00 per session	Live Well Swindon 01793 465513 LiveWell@swindon.gov.uk
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 donna@dwibble.com
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 donna@dwibble.com
Margo's Exercise to Music	A combination of low impact aerobic exercise with some strength and conditioning	Coleview C/C	Monday	13.30-14.30	£5.00 per session	Margo Pratt 07928 817422
Lin's Gentle Circuits	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 283611 linjefferies@hotmail.com
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	£5.00 per session	Margo Pratt 07928 817422
Live Well Swindon's Wheels 4 All	Supported safe cycling sessions around the track for all abilities. A variety of bikes are available. Helmets provided	County Ground Athletics Track	Tuesday	10.00-10.45 11.00-11.45	£3.00 per session	Live Well Swindon 01793 465513 LiveWell@swindon.gov.uk
Lin's Gentle Circuits	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 283611 linjefferies@hotmail.com
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 donna@dwibble.com
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.	Link Centre	Tuesday	14.00-15.00	£4.00 per session	GLL - Link Centre 01793 877323 To book online Activity booking (better.org.uk)

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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, curling, quoits and gentle Tai Chi. Refreshment included.	Central Community Centre	Tuesday (alternate)	14.00-16.00	£5.00 per session	Age UK 07754 612569 fitnessandfriendship@ageukwiltshire.org.uk
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 283611 linjefferies@hotmail.com
GLL's (Sam's) Seated Exercise (16+)	Fun, friendly seated exercise class for those with learning and/or physical disabilities, 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	£4.00 per session	GLL - Link Centre 01793 877323 Activity booking (better.org.uk) Or Live Well Swindon 01793 465513 LiveWell@swindon.gov.uk
Exercise to Music (50+)	An hour of fun and movement to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. A chair can be used for seated or standing support.	Highworth Rec	Wednesday	10.15-11.10	£4.95 per session if over 65 (concession) otherwise £8.00	Halo - Highworth Recreation Centre 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 07968 624524 donna@dwibble.com
Lin's Gentle Circuits	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	£5.00 per session	Lin Jefferies 07763 283611 linjefferies@hotmail.com
Live Well Swindon's Wheels 4 All	Supported safe cycling sessions around the track for all abilities. A variety of bikes are available. 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 LiveWell@swindon.gov.uk

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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	£5.00 per session	Margo Pratt 07928 817422
Haydon Wick Gentle Mobility Walk Ramblers Wellbeing Walks	Ideal for those with limited mobility or can only manage a short distance. Walkers can walk any distance that suits them (30 minutes max) before returning to the Centre for refreshments and socialising. There are volunteers to ensure the safety of all walkers. Carers, supporters and walking aids welcome.	Haydon Centre	Thursday	10.30-11.00	Free	Grahame Lee 07932 109209 Haydon Wick Gentle Mobility Walk (ramblers.org.uk)
Margo's Seated Exercise	A combination of mobility exercises, with strength and balance exercises included	Coleview C/C	Thursday	11.30-12.30	£5.00 per session	Margo Pratt 07928 817422
Donna's Phase IV Cardiac Rehab	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 07968 624524 donna@dwibble.com
Tai Chi	A discipline of moving meditation that involves the mind, slow deep breath with slow controlled movement, to create a calm and natural balance of energy	Blunsdon House Leisure	Friday	11.30-12.30	£5.00 per session	Blunsdon House Hotel 01793 721701 (option 4) (must be pre-booked)

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Other Activities with Various Offers

Name of Activity	Description	Contact/Website
Healthwise – Physical Activity on Referral from GLL Better	The Healthwise physical activity referral scheme introduces individuals to the benefits of physical activity in order to help reduce risk factors for chronic disease, or manage existing medical conditions. Healthcare professionals can refer into the programme to help participants develop the knowledge, skills and confidence to improve their health and wellbeing. The comprehensive 12-week programme features one-to-one assessments, individually tailored activity plans and offers a reduced rate in GLL Better facilities.	Please speak to your GP, practice nurse or healthcare professional. If they feel you may benefit from Healthwise they will need to complete a Healthwise referral. Healthwise will then contact you to screen your referral further and if successful you will be signposted to the appropriate intervention.
Wellbeing Walks- Step Out Swindon	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. Various locations across Swindon.	Grahame Lee 07932 109209 Swindon, Swindon, England (ramblers.org.uk)
Guided Rides	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.	Let's Ride - Homepage (letsride.co.uk)
parkrun	parkruns are free, weekly, community events all around the world (typically weekly free 5km timed events). 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	home parkrun UK home Lydiard parkrun Lydiard parkrun home Seven Fields parkrun Seven Fields parkrun
Walking Football	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.	Walking football Swindon Town FC Community Foundation (stfcfoundation.com) HOME www.highworthwfc.com Better Generation Gain Zurich Project Community Walking Football - Wiltshire FA

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<p>Walking Netball</p>	<p>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. Various locations across Swindon.</p>	<p>England Netball Walking Netball Clubs & Groups - Wiltshire Halo Leisure</p>
<p>Park Yoga</p>	<p>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. Summer Months ONLY. 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</p>	<p>Park Yoga Swindon - ParkYoga</p>
<p>Extra Time</p>	<p>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 proving our groups with teas and coffees at the end of each session. 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 refreshments)</p>	<p>Extra Time Swindon Town FC Community Foundation (stfcfoundation.com) 01793 421303</p>
<p>Neuro Wellbeing Centre</p>	<p>The Centre offers: social events, neuro physiotherapy, specialist exercise classes, complimentary therapies and oxygen to support the body’s healing, counselling 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</p>	<p>Neuro Wellbeing Centre 01793 481700 office@neurowellbeingcentre.co.uk</p>
<p>Inclusfit Classes</p>	<p>Beginner friendly - class has a mixture of disabled, non-disabled and older participants. Classes include Rockbox, Clubbercise, HIT, Zumba & Zumba Toning. Sessions paid for.</p>	<p>Sam James 07989656280 sam@inclusfit.co.uk www.inclusfit.co.uk</p>
<p>Sam H Pilates</p>	<p>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.</p>	<p>Sam Hobbs 07925190954 Sam H Pilates</p>

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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