



25th September – 1st October 2017

CHARNWOOD



DATE	ACTIVITY	TIME	VENUE	COST
Mon 25th	Games Morning Thurmaston*	10am-12pm	Thurmaston Community Centre, LE4 8NJ	£1.50 per session
Mon 25th	Shepshed Health Walk Contact: 07709 892 731	10.30-11.30am	Hall Croft, opposite the Library, LE12 9AN	Free
Mon 25th	Dementia Stroll*	11am-12.15pm	John Storer House, LE11 3HA	Free
Mon 25th	Tai Chi	1-2pm	Loughborough Leisure Centre, LE11 3HE	£2.70 for over 60's, or £5.40
Mon 25th	Chair Based Exercise Class*	1-2pm	Gorse Covert Community Centre, LE11 4RZ	£2 per session
Mon 25th	50+ Workout	2-2.45pm	Loughborough Leisure Centre, LE11 3HE	£2.70 for over 60's, or £5.40
Mon 25th	50+ Workout	2-2.45pm	Soar Valley Leisure Centre, LE12 7FG	£2.70 for over 60's, or £5.40
Mon 25th	Walking Football	6-7pm	Loughborough Leisure Centre, LE11 3HE	£2.50 per session
Tues 26th	Barrow Health Walk*	10.30-11.30am	Three Crowns Inn, LE12 8JS	Free
Tues 26th	Low Impact Circuits	1-2pm	South Charnwood Leisure Centre, LE7 1LY	£2.70 for over 60's, or £5.40
Weds 27th	Kurling**	10am-12pm	Loughborough Leisure Centre, LE11 3HE	£3 per session
Weds 27th	Green Gym***	10am-1pm	Various, please call to check	Free
Weds 27th	Gorse Covert Health Walk*	10.30-11.30am	Gorse Covert Community Centre, LE11 4RZ	Free
Thurs 28th	Parkinson's Gym Session**	10-11am	Loughborough Leisure Centre, LE11 3HE	£3 per session
Thurs 28th	50+ Zumba	2-2.45pm	Loughborough Leisure Centre, LE11 3HE	£2.70 for over 60's, or £5.40
Thurs 28th	Walking Netball	4-5pm	Soar Valley Leisure Centre, LE12 7FG	£2.50 per session
Fri 29th	Fall's Prevention Class*	10-11am	Thurmaston Community Centre, LE4 8NJ	£3 per session
Fri 29th	Bus Pass walk with David*	10am-12.30pm	B&Q Store, LE11 5XS	Free
Fri 29th	50+ Workout	10.35-11.35am	Loughborough Leisure Centre, LE11 3HE	£2.70 for over 60's, or £5.40
Fri 29th	Dementia Exercise Class**	11.30am-12.30pm	Loughborough Leisure Centre, LE11 3HE	£3 per session
Fri 29th	Walking Football	6-7pm	Loughborough Leisure Centre, LE11 3HE	£2.50 per session



For more information on activities in Charnwood, contact:

t: 01509 634673

e: active.together@charnwood.gov.uk

w: www.charnwoodsport.org.uk and www.lrsport.org/beactive

*Contact: 01509 632535

**Pre-booking required, call Active Charnwood on 01509 63 2535

***Contact Cara on 01509 63 2526 to find out where the next session will be.

South Charnwood Leisure Centre: 0116 2640057

Soar Valley Leisure Centre: 0116 2375267

Loughborough Leisure Centre: 01509 611080