



25th September – 1st October 2017

# NORTH WEST LEICESTERSHIRE



DATE	ACTIVITY	TIME	VENUE	COST
Mon 25th	<b>50+ Gym Session*</b>	9-11.30am	Hermitage Leisure Centre, LE67 5EU	£3.90
Mon 25th	<b>50+ Gym Session*</b>	10-11am	Hermitage Leisure Centre, LE67 5EU	£3.90
Mon 25th	<b>Rock and roll**</b>	10-11.30am	Hood Court, LE65 1HY	Free
Mon 25th	<b>Pilates</b> Contact: 01530 274061	10.30-11.30am	Measham Leisure Centre, DE12 7HR	£5.60
Mon 25th	<b>50+ Keep Fit*</b>	11.30am-12.30pm	Hood Park Leisure Centre, LE65 1HU	£3.90
Mon 25th	<b>Rock and roll*</b>	1-2pm	The Biggin, DE74 2PE	Free
Mon 25th	<b>Sequence dance Contact: 079811 22420</b>	2-4pm	Blackfordby Village Hall, DE11 8AL	£4
Mon 25th	<b>COPD Gym Session</b> Contact: 01530 811215	2.30-3.30pm	Hermitage Leisure Centre, LE67 5EU	£3
Mon 25th	<b>Rock and roll**</b>	2.30-3.30pm	Park View Court, LE67 5DJ	Free
Mon 25th	<b>Nordic walking**</b>	3.30-4.30pm	Batram Woods, LE67 1GB	£2.50
Mon 25th	<b>Free Style yoga*</b>	6-7pm	Brass House, LE67 3FA	£25 for 12 weeks
Tues 26th	<b>Nice and Easy Gym Session*</b>	9-10am	Physique Fitness Gym, LE67 3JJ	£3
Tues 26th	<b>Chair Based Exercise*</b>	10-11am	Hugglescote Community Centre, LE67 2BR	£1.50
Tues 26th	<b>Active Bingo**</b>	10.11.30am	Hood Court, LE65 1HY	Free
Tues 26th	<b>Walking Football</b> Contact: 01531 274061	11.30am-12.30pm	Measham Leisure Centre, DE12 7HR	£2.50
Tues 26th	<b>Seated Aerobics</b> Contact: 01531 274061	11.30am-12.30pm	Measham Leisure Centre, DE12 7HR	£2.70
Tues 26th	<b>Rock and roll*</b>	1.30-2.30pm	Wakefield Court, DE74 2PE	Free
Tues 26th	<b>Quality of Life Talk and Exercise**</b>	2-3pm	Browns Court Ashby Stroke Club, LE65 2LZ	Free
Tues 26th	<b>Next Step Aqua Aerobics*</b>	2.30-3.30pm	Hermitage Leisure Centre, LE67 5EU	£4.10/£5.50



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**For more information on activities in North West Leicestershire, contact:**

**t:** 01530 454606

**e:** [actvetogether@nwleicestershire.gov.uk](mailto:actvetogether@nwleicestershire.gov.uk)

**w:** [www.northwestleicslsa.org.uk](http://www.northwestleicslsa.org.uk) and [www.lrspart.org/beactive](http://www.lrspart.org/beactive)

\*Contact: Christine Robinson on 01530 811215

\*\*Contact: Chris Mawbey on 01530454785



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DATE	ACTIVITY	TIME	VENUE	COST
Tues 26th	<b>Sequence dance</b> Contact: 079811 22420	8-10pm	Blackfordby Village Hall, DE11 8AL	£4
Weds 27th	<b>Walk and Talk*</b>	9.30-10.30am	Hermitage Leisure Centre, LE67 5EU	Free
Weds 27th	<b>Quality of Life Talk and Exercise**</b>	10-11am	Linford Crescent Community Centre, LE67 4QT	Free
Weds 27th	<b>Active Bingo**</b>	11am-12pm	Park View Court, LE67 5DJ	Free
Weds 27th	<b>Rock and roll*</b>	11am-12pm	Central Court, LE67 3PY	Free
Weds 27th	<b>50+ Keep Fit*</b>	11.30am-12.30pm	Hood Park Leisure Centre, LE65 1HU	£3.05
Weds 27th	<b>Falls Prevention Class*</b>	2.30-3.30pm	Hermitage Leisure Centre, LE67 5EU	Free
Weds 27th	<b>Rock and roll*</b>	2.30-3.30pm	St Mary's Court, LE67 2HR	Free
Thurs 28th	<b>50+ Gym Session*</b>	9-11.30am	Hermitage Leisure Centre, LE67 5EU	£3.05
Thurs 28th	<b>Nordic walking**</b>	9.30-10.30am	Sence Valley, LE67 6NW	£2.50
Thurs 28th	<b>50+ Gym Session*</b>	10-11am	Hermitage Leisure Centre, LE67 5EU	£3.05
Thurs 28th	<b>Walking Football*</b>	11.30am-12.30pm	Hermitage Leisure Centre, LE67 5EU	£2.05
Thurs 28th	<b>Mind in motion**</b>	11.30am-12.30pm	Park View Court, LE67 5DJ	Free
Thurs 28th	<b>Body Balance*</b>	12.15-1.15pm	Brass House, LE67 3FA	£4.10
Thurs 28th	<b>Quality of Life Talk and Exercise**</b>	1.15-2.15pm	Ibstock Palace Outlook Group, LE67 6LH	Free
Thurs 28th	<b>Falls Prevention Class*</b>	2-3pm	Hood Park Leisure Centre, LE65 1HU	Free
Fri 29th	<b>Nice and Easy Gym Session*</b>	9-10am	Physique Fitness Gym, LE67 3JJ	£3
Fri 29th	<b>Health Pilates*</b>	10-11am	Hugglescote Community Centre, LE67 2BR	£2.50
Fri 29th	<b>Mind in motion**</b>	10-11.30am	Hood Court, LE65 1HY	Free
Fri 29th	<b>Rock and roll*</b>	2.30-3.30pm	Farfield Court, LE67 2HB	Free
Sat 30th	<b>Sequence dance</b> Contact: 079811 22420	7-11am	Blackfordby Village Hall, DE11 8AL	£3
Sat 30th	<b>Nordic walking</b>	9-10am	Moira Funace, DE12 6AT	£2.50



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