



25th September – 1st October 2017

OADBY AND WIGSTON



DATE	ACTIVITY	TIME	VENUE	COST
Mon 25th	Young at Heart (50+)	9-10am	Parklands Leisure Centre, LE2 5QG	£2
Mon 25th	Forever Fit (50+)	9.30-10.30am	Parklands Leisure Centre, LE2 5QG	£4.25
Mon 25th	Forever Fit (50+)	10-11am	Parklands Leisure Centre, LE2 5QG	£4.25
Mon 25th	Active life Badminton (50+)	10am-12pm	Parklands Leisure Centre, LE2 5QG	£4.25
Mon 25th	Tea Dance*	1.45-3.45pm	Paddock Street, LE18 2AN	£2.50
Mon 25th	Chair Based Exercise Contact: 078822 84564	2-2.45pm	South Wigston Congregational Church, LE18 4SD	£4
Mon 25th	Strong and Steady Contact: 07775950084	2-3pm	Parklands Leisure Centre, LE2 5QG	£2.70
Mon 25th	Indoor Bowls *	2-4pm	Paddock Street, LE18 2AN	£2
Tues 26th	Ladies Exercise Contact: 07547677934	9.30-10.30am	The Elms Social and Service Club, LE18 2BA	Free first session, £3 thereafter
Tues 26th	Forever Fit (50+)	11.30am-12.30pm	Parklands Leisure Centre, LE2 5QG	£4.25
Tues 26th	Young at Heart	2-4pm	Parklands Leisure Centre, LE2 5QG	£2.45
Tues 26th	Zumba Gold Contact: 07535691874	3-3.45pm	United Reformed Church, LE2 5SF	£3.50
Tues 26th	Line Dancing*	3-4.45pm	Paddock Street, LE18 2AN	£2
Weds 27th	Active Life Badminton (50+)	10am-12pm	Parklands Leisure Centre, LE2 5QG	£4.25
Weds 27th	Conservation Volunteering Contact: 01162572888	10am-4pm	Brocks Hill Country Park, LE2 5JJ	Free
Weds 27th	Gentle Exercise*	12-1pm	Paddock Street, LE18 2AN	£3
Weds 27th	Strong and Steady Contact: 07775950084	12.30-1.30pm	Parklands Leisure Centre, LE2 5QG	£2.70
Weds 27th	Young at Heart (50+)	2.30-3.30pm	Parklands Leisure Centre, LE2 5QG	£2.45
Thurs 28th	Tai Chi Beginners*	9.15-10.15am	Paddock Street, LE18 2AN	£2.50
Thurs 28th	Tai Chi Improvers*	10.30-11.30am	Paddock Street, LE18 2AN	£2.50
Thurs 28th	Gentle Exercise*	12-1pm	Paddock Street, LE18 2AN	£3
Thurs 28th	Indoor Bowls *	2-4pm	Paddock Street, LE18 2AN	£2
Thurs 28th	Seated Exercise Contact: 07912344066	2.30-3.30pm	Wigston Library, LE18 1PB	£3
Thurs 28th	Young at Heart (50+)	3-4pm	Parklands Leisure Centre, LE2 5QG	£2.45
Fri 29th	Forever Fit (50+)	9.30-10am	Parklands Leisure Centre, LE2 5QG	£4.25
Fri 29th	Gentle Stroll Contact: 07775950084	9.30-10.30am	Parklands Leisure Centre, LE2 5QG	Free
Fri 29th	Kurling	9.45-11.30am	Parklands Leisure Centre, LE2 5QG	£2
Fri 29th	Forever Fit (50+)	10-11am	Parklands Leisure Centre, LE2 5QG	£4.25
Fri 29th	Active Life Badminton (50+)	10am-12pm	Parklands Leisure Centre, LE2 5QG	£4.25
Fri 29th	Moderate Walk Contact: 07775950084	10.30-11.30am	Parklands Leisure Centre, LE2 5QG	Free
Fri 29th	Strong and Steady Contact: 07775950084	1.30-2.30pm	Parklands Leisure Centre, LE2 5QG	£2.70
Fri 29th	Beginners Line Dancing*	1.30-3pm	Paddock Street, LE18 2AN	£2
Fri 29th	Line Dancing*	3.15-4.45pm	Paddock Street, LE18 2AN	£2



LEICESTER-SHIRE
& RUTLAND SPORT
PHYSICAL ACTIVITY & WELLBEING



For more information on activities in Oadby and Wigston, contact:

t: 0116 257 2672

e: active.together@oadby-wigston.gov.uk

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

*Contact: 01162885203

Parklands Leisure Centre: 0116 2720789