



25th September – 1st October 2017



Rutland
County Council

RUTLAND

DATE	ACTIVITY	TIME	VENUE	COST
Mon 25th - Fri 29th	50+ Swim	3-4pm	Catmose Sports Centre, LE15 6RP	£3.20 Concession
Mon 25th - Sun 1st	Electric Bike Hire Contact: 01780 460705/01780 720888	9am-6pm	Rutland Cycling, LE15 8BL/ Giant Store, LE15 8HD	£19.99 - 2 Hours £29.99 - All Day
Mon 25th - Sun 1st	Badminton*	All Day	Uppingham School Sports Centre, LE15 9SE	£10 Per Hour Per Court
Mon 25th - Sun 1st	Squash & Racketball*	All Day	Uppingham School Sports Centre, LE15 9SE	£8 Per 45 Minute Court
Mon 25th - Sun 1st	Table Tennis*	All Day	Uppingham School Sports Centre, LE15 9SE	£8 Per Table Per Hour
Mon 25th - Sun 1st	Tennis*	All Day	Uppingham School Sports Centre, LE15 9SE	£10 Per Hour Per Court
Mon 25th - Sun 1st	Swimming	Call For Details	Uppingham School Sports Centre, LE15 9SE	£3.20
Mon 25th	Waterworks	9-10am	Catmose Sports Centre, LE15 6RP	£4.20 Concession
Mon 25th	Yoga	10.30am-12pm	Uppingham School Sports Centre, LE15 9SE	£8
Mon 25th	Aqua	10.45-11.45am	Uppingham School Sports Centre, LE15 9SE	£6
Mon 25th	Activity & Rehabilitation Circuits***	11am-12pm	Inspire2tri, LE15 8SU	£3 Exercise Referral/£6 Private
Mon 25th	Aquatic Hydrotherapy Circuits Contact: 01572 244224	11.30am-12.30pm	Inspire2tri, LE15 8SU	£15
Mon 25th	Body Balance	11.45am-12.30pm	Catmose Sports Centre, LE15 6RP	£4.20 Concession
Mon 25th	Walking Football	12.30-2pm	Catmose Sports Centre, LE15 6RP	£3.50
Mon 25th	Age UK Keep Fit Contact: 01572 770324	1.30-2.30pm	Catmose Club, LE15 6BG	£3
Mon 25th	Falls Prevention Advanced***	2-3.30pm	Inspire2tri, LE15 8SU	£4.50
Mon 25th	Aquatic Hydrotherapy Circuits Contact: 01572 244224	3-4pm	Inspire2tri, LE15 8SU	£15
Mon 25th	Aquaft	7.30-8.30pm	Catmose Sports Centre, LE15 6RP	£4.20 Concession
Tues 26th	Circuits	9-9.45am	Catmose Sports Centre, LE15 6RP	£4.20 Concession
Tues 26th	Age UK Line Dancing Contact: 01572 723152	10-11.15am	Victoria Hall, LE15 6AH	£3.50
Tues 26th	Age UK Line Dancing Contact: 01572 723152	11.30am-12.30pm	Victoria Hall, LE15 6AH	£2.50
Tues 26th	L.B.T.	11.30am-12.30pm	Uppingham School Sports Centre, LE15 9SE	£6
Tues 26th	Cardiac Rehabilitation	1-2pm	Catmose Sports Centre, LE15 6RP	£3 Exercise Referral
Tues 26th	Age UK Tai Chi Contact: 01572 724188	1.30-2.30pm	All Saints Church Hall, LE15 6AA	£5



LEICESTER-SHIRE & RUTLAND SPORT
PHYSICAL ACTIVITY WELCOMER

Active
Rutland

For more information on activities in Rutland, contact:

t: 01572 720936

e: activerutland@rutland.gov.uk

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

*Booking essential

**20 minute slots. Contact: 01572 244224

***Contact: Active Rutland Health on 01572 758200

Uppingham School Sports Centre: 01572 820830

Catmose Sports Centre: 01572 490030



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Tues 26th	Walking Football	6-7pm	Catmose Sports Centre, LE15 6RP	£3.50
Tues 26th	Touch Rugby Rutland Contact: 07800 967927	6.30-7.30pm	Oakham School AstroTurf, LE15 6QL	£4
Tues 26th	BodyVive	7.20-8.05pm	Catmose Sports Centre, LE15 6RP	£4.20 Concession
Weds 27th	Pilates	9.30-10.30am	Uppingham School Sports Centre, LE15 9SE	£6
Weds 27th	BodyVive	10.20-11.05am	Catmose Sports Centre, LE15 6RP	£4.20 Concession
Weds 27th	Activity & Rehabilitation Circuits***	11am-12pm	Inspire2tri, LE15 8SU	£3 Exercise Referral/£6 Private
Weds 27th	Cardiac Rehabilitation***	1.30-2.30pm	Inspire2tri, LE15 8SU	£3 Exercise Referral/£6 Private
Thurs 28th	Purestretch Contact: 07704 853627	9.30-10.30am	Inspire2tri, LE15 8SU	£6
Thurs 28th	Age UK Keep Fit Contact: 01572 770324	10-11am	Catmose Club, LE15 6BG	£3
Thurs 28th	Aqua	10-11am	Uppingham School Sports Centre, LE15 9SE	£6
Thurs 28th	Falls Prevention Advanced***	10.15-11.30am	Active Rutland Hub, LE15 7TU	£4.50
Thurs 28th	Pilates	10.30-11.30am	Uppingham School Sports Centre, LE15 9SE	£6
Thurs 28th	Activity & Rehabilitation Circuits***	11am-12pm	Inspire2tri, LE15 8SU	£3 Exercise Referral/£6 Private
Thurs 28th	Falls Prevention Beginner***	11.45am-12.45pm	Active Rutland Hub, LE15 7TU	£3
Thurs 28th	Age UK Indoor Bowls Contact: 01573 822171	1.30-3.30pm	Uppingham Town Hall, LE15 9PY	£2.50
Thurs 28th	Activity & Rehabilitation Circuits***	2-3pm	Inspire2tri, LE15 8SU	£3 Exercise Referral/£6 Private
Fri 29th	Physio Led Pilates***	11am-12pm	Active Rutland Hub, LE15 7TU	£3 Exercise Referral
Fri 29th	Yoga	11.15am-12.45pm	Uppingham School Sports Centre, LE15 9SE	£8
Fri 29th	Walking Football	2-3pm	Catmose Sports Centre, LE15 6RP	£3.50
Fri 29th	Pilates	6-7pm	Uppingham School Sports Centre, LE15 9SE	£6
Sat 30th	Pilates	9-10am	Uppingham School Sports Centre, LE15 9SE	£6
Sat 30th	Archery Taster Session* Contact: 01780 450305	10-11.30am	Bowmen of Rutland Ground - Greetham Valley Golf Club, LE15 7SN	£10
Sat 30th	Body Balance	10.45-11.30am	Catmose Sports Centre, LE15 6RP	£4.20 Concession
Sun 1st	BodyVive	9.50-10.35am	Catmose Sports Centre, LE15 6RP	£4.20 Concession
Sun 1st	Underwater Treadmill Run / Walk**	2-5pm	Inspire2tri, LE15 8SU	£8



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