

# Physical Activity Directory for Older People 2019/20



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Want to be **active**, **healthy** and **happy**? There are lots of physical activity opportunities for everyone in greater Bristol and it's never too late to start a new activity, make new friends and have fun.



# Introduction

Welcome to the first edition of the **Active Ageing Bristol Physical Activity Directory for older people in Bristol.**

If you're looking to become more physically active but aren't sure where to start then this directory has the answer, providing you with lots of information on a wide range of physical activities which cater for the beginner, those returning to exercise and those who want to try something different in a fun and social environment.

This directory has been produced by Active Ageing Bristol in partnership with The Care Forum and Well Aware with funding from Bristol Ageing Better and Bristol Health Partners, to provide information about activities available across Bristol. Whilst every effort has been made to verify activities, Active Ageing Bristol cannot be held responsible for the accuracy of the data and any rescheduled or cancelled activities. Participants are advised that it is their responsibility to check credentials and health and safety requirements for each activity.



Activity details are correct at the time of going to print. Activities may be subject to change and it is advisable to check the Well Aware website at **[www.wellaware.org.uk](http://www.wellaware.org.uk)** or contact the provider before you attend.

Please seek medical advice if you are at all unsure about starting any physical activity.

## Key to symbols

### Activity information

-  Happening
-  Time
-  Venue
-  Cost
-  Contact

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## Accessibility key

- |  |  |
|--|--|
|  Accessible toilets         |  Refreshments               |
|  Adaptive to physical needs |  Visually impaired friendly |
|  BSL                        |  Wheelchair accessible      |
|  Bus nearby                 |  |
|  Dementia friendly          |  |
|  Parking                    |  |

## Public transport

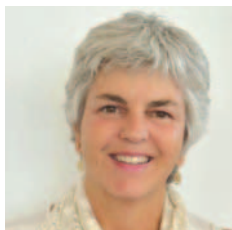
The Well Aware website has links to Travelwest and Google Maps to find the best travel options.

# Active Ageing Bristol

**Active Ageing Bristol is a collaboration between Bristol Sport Foundation, The Anchor Society and St Monica Trust. Together they have spearheaded one of the UK's first physical activity and sport initiatives for older people.**

The specially targeted programme aims to get more people from the local area and over the age of 55, involved more regularly, in physical activity, coaching and volunteering.

Keeping as active as possible is good for our mental wellbeing as well as our physical health. Being physically active as we get older can reduce the risk of us developing depression, heart disease and dementia. It also increases our social networks, helping to reduce the risk of us becoming lonely or isolated.



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Active Ageing  
Bristol Manager  
M: 07734  
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E: [info@activeageingbristol.co.uk](mailto:info@activeageingbristol.co.uk)

W: [www.activeageingbristol.co.uk](http://www.activeageingbristol.co.uk)

 @ActiveAgeingBristol

 @ActivAgeingBris

## Well Aware

**Well Aware is a health and wellbeing information service delivered by The Care Forum a Bristol based charity.**

Visit [www.wellaware.org.uk](http://www.wellaware.org.uk) throughout the year to find activities and groups taking place in Bristol, type in your location, search by keyword or use the map. Information is checked and updated regularly but please use the contact details for activities to check in advance. For people who do not use the internet there is a free phone telephone service open during office hours on Mondays to Fridays **0808 808 5252**.



the care forum

# Age-Friendly Physical Activity Hub Scheme

The Age-friendly Activity Hub Scheme was launched by Active Ageing Bristol in July 2019. The scheme aims to make physical activity more accessible to people aged 55 and over, by highlighting and promoting age-friendly physical activity facilities in Bristol.

The scheme was developed in consultation with a range of 55 plus groups and individuals.

## What is an Age-friendly Physical Activity Hub?

Age-friendly Physical Activity Hubs are leisure centres, gyms, community centres, and other physical activity facilities which:

- Provide a positive experience for all members and participants regardless of age.
- Offer a welcoming and accessible physical environment which considers the needs of a diverse range of users.
- Offer a range of inclusive activities which cater for different needs and levels.

- Acknowledge and encourage the social element of taking part in physical activity.
- Use a variety of channels to communicate with their members, the local community and the public.
- Have a dedicated 'Age-friendly Champion' on their staff team.



## Age-Friendly Physical Activity Hubs

### Inner City and East Bristol

#### All-Aboard Watersports

Baltic Wharf, Underfall Yard,  
Cumberland Road, BS1 6XG  
0117 929 0801  
[www.allaboardwatersports.co.uk](http://www.allaboardwatersports.co.uk)

#### Brunel Fitness Centre

Speedwell Road, Speedwell,  
BS15 1NU  
0117 377 0098  
[www.brunelfitness.co.uk](http://www.brunelfitness.co.uk)



Easton Leisure Centre

### **Easton Leisure Centre**

Thrissell Street, Easton, BS5 0SW  
0117 955 8840  
[www.everyoneactive.com](http://www.everyoneactive.com)

### **The Beehive Centre**

19a Stretford Road, Whitehall,  
BS5 7AW  
0117 935 4471  
[www.thebeehivebristol.co.uk](http://www.thebeehivebristol.co.uk)

### **Wellspring Healthy Living Centre**

Beam Street, Barton Hill, BS5 9QY  
0117 304 1400  
[www.wellspringhlc.org.uk](http://www.wellspringhlc.org.uk)

## **North and West Bristol**

### **Avonmouth Community Centre**

257 Avonmouth Road,  
Avonmouth, BS11 9EN  
0117 982 7445  
[www.avonmouthcca.org.uk](http://www.avonmouthcca.org.uk)

### **Henbury Leisure Centre**

Avonmouth Way, Henbury,  
BS10 7NG  
0117 353 2555  
[www.everyoneactive.com](http://www.everyoneactive.com)

### **Horfield Leisure Centre**

Dorian Road, Horfield, BS7 0XW  
0117 903 1643  
[www.everyoneactive.com](http://www.everyoneactive.com)

### **Lockleaze Sports Centre**

Bonnington Walk, Lockleaze,  
BS7 9FJ  
0117 456 8955  
[www.lockleazesportscentre.co.uk](http://www.lockleazesportscentre.co.uk)

### **The Exercise Club**

213 Whiteladies Road, Clifton,  
BS8 2XS  
0117 973 9787  
[www.theexerciseclub.co.uk](http://www.theexerciseclub.co.uk)

### **The Greenway Centre**

Doncaster Road, Southmead,  
BS10 5PY

0117 950 3335  
[www.southmead.org](http://www.southmead.org)

### **University of Bristol Coombe Dingle Sports Complex**

Coombe Lane, Stoke Bishop,  
BS9 2BJ

0117 962 6718  
[www.bristol.ac.uk/sport/  
facilities/coombe](http://www.bristol.ac.uk/sport/facilities/coombe)

### **University of Bristol Indoor Sports Centre**

Tyndall Avenue, Clifton, BS8 1TP

0117 428 3200  
[www.bristol.ac.uk/sport](http://www.bristol.ac.uk/sport)

## **South Bristol**

### **Bristol Ariel Rowing Club**

Pump House Lane, St Anne's  
Park, BS4 4RQ  
0117 941 8300  
[www.bristolarielrowingclub.co.uk](http://www.bristolarielrowingclub.co.uk)

### **Hengrove Park Leisure Centre**

Hengrove Park, Hengrove,  
BS14 0DE  
0117 937 0200  
[www.leisurecentre.com](http://www.leisurecentre.com)



**Hengrove Park Leisure Centre**

### **Knowle West Healthy Living Centre**

Downton Road, Knowle,  
BS4 1WH  
0117 377 2255  
[www.knowlewesthealthpark.co.uk](http://www.knowlewesthealthpark.co.uk)

### **The Park Centre**

Daventry Road, Knowle,  
BS4 1DQ  
0117 903 9770  
[www.theparkcentre.org.uk](http://www.theparkcentre.org.uk)

### **The Southville Centre**

Beauley Road, Southville,  
BS3 1QG  
0117 923 1039  
[www.southvillecentre.org.uk](http://www.southvillecentre.org.uk)

### **The Withywood Centre**

Queens Road, Withywood,  
BS13 8QA  
0117 987 8400  
[www.withywoodcentre.co.uk](http://www.withywoodcentre.co.uk)

## **Get involved**

If you would like to find out more, or if you're a physical activity provider wishing to join the scheme, visit [www.activeageingbristol.co.uk](http://www.activeageingbristol.co.uk)

# Physical activity benefits for adults and older adults

-  **BENEFITS HEALTH**
-  **IMPROVES SLEEP**
-  **MAINTAINS HEALTHY WEIGHT**
-  **MANAGES STRESS**
-  **IMPROVES QUALITY OF LIFE**

**REDUCES YOUR CHANCE OF**

Type II Diabetes	<b>-40%</b>
Cardiovascular Disease	<b>-35%</b>
Falls, Depression and Dementia	<b>-30%</b>
Joint and Back Pain	<b>-25%</b>
Cancers (Colon and Breast)	<b>-20%</b>

## What should you do?

For a healthy heart and mind

To keep your muscles, bones and joints strong

To reduce your chance of falls

**Be Active**

**Sit Less**

**Build Strength**

**Improve Balance**

**VIGOROUS**

**MODERATE**



**MINUTES PER WEEK**

**75 OR 150**

**VIGOROUS INTENSITY**  
(BREATHING FAST  
DIFFICULTY TALKING)

**MODERATE INTENSITY**  
(INCREASED BREATHING  
ABLE TO TALK)

**OR A COMBINATION OF BOTH**

**BREAK UP SITTING TIME**

**2** DAYS PER WEEK

Something is better than nothing.

Start small and build up gradually:  
just 10 minutes at a time provides benefit.

**MAKE A START TODAY: it's never too late!**

UK Chief Medical Officers' Guidelines 2011 **Start Active, Stay Active: <http://bit.ly/startactive>**

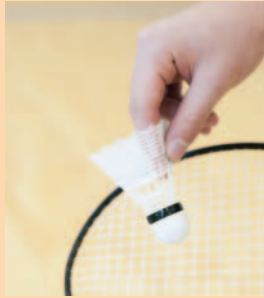


# Inner City and East Bristol Activity Listing

## Badminton

### Badminton for over 60s

Badminton sessions for the over 60s. It's a great game that's fantastic fun to play with friends.



📅 Monday 🕒 2pm-4pm

📍 Kingsdown Sports Centre, Portland Street, Kingsdown, BS2 8HL £ £3.40

📞 T: 0117 903 1633



### Senior Badminton

Meet fellow senior badminton players from the community who enjoy playing the game not at a competitive level.

📅 Thursday 🕒 2pm-3.30pm

📍 Easton Leisure Centre, Thrissell Street, Easton, BS5 0SW £ £3.30

📞 T: 0117 955 8840



## Boxing

### Boxing for Parkinson's

A non-contact boxing class for people with Parkinson's. An exercise class that will promote stability, strength and stamina.

📅 Friday 🕒 9.45am-11.15am

📍 Broad Plain and Riverside Youth Project, Clement Street, Easton, BS2 9ES £ £5

📞 Dennis Stinchcombe MBE  
M: 07973 574091

E: dennismbe@riversideyp.org



## Cricket

### Softball Cricket

Established group playing fun, non-competitive cricket. Open to everyone experienced or not, to get you moving and improve co-ordination.



📅 Thursday 🕒 3pm-4pm

📍 Easton Leisure Centre, Thrissell Street, Easton, BS5 0SW £ £3

📞 Kelvin – T: 0117 924 4401



## Cycling


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### Life Cycle Group Rides for over 55s

Regular sociable group cycle rides meeting at various locations across the city. We offer one to one lessons, gentle returners/ beginners rides and more challenging rides around Bristol.

 Various  Various

 Optional £3 donation

 T: 0117 353 4580

E: bikeminded@lifecycleuk.org.uk


W: www.lifecycleuk.org.uk




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### Woodland Trail Biking for over 55s

Run by Pedal Progression, your guide will take you on an appropriate route and provide basic skills instructions.

 Thursdays - 25 April to 24 October (except 8 August)

 2pm-3pm

 Ashton Court Golf and Cycle Hub, Ashton Court, Abbots Leigh Road, BS8 3PX

 £7 (£5 extra for bike hire)

 T: 0117 973 1298

E: ollie@pedalprogression.com



## Dance

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### Ballroom Dance

Want to dance? Join us and learn to waltz, quickstep, even foxtrot.

 Thursday  12.45pm-1.45pm

 The Beehive Centre, 19a Stretford Road, Whitehall, BS5 7AW  £3


 T: 0117 935 4471




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### Bellyfit for Women

A class that combines yoga and pilates meditation, and mind-body techniques, with moves inspired by belly-dance. Suitable for all levels of fitness.

 Monday  9.30am-10.30am

 Wellspring Healthy Living Centre, Beam Street, Barton Hill, BS5 9QY  £2

 T: 0117 304 1400

E: info@wellspringhlc.org




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### Bellyfit for Women

A class that combines yoga and pilates meditation, and mind-body techniques, with moves inspired by belly-dance. Suitable for all levels of fitness.

 Wednesday  6.30pm-7.45pm

 Wellspring Healthy Living



Centre, Beam Street, Barton Hill,  
BS5 9QY £ £2

i T: 0117 304 1400  
E: info@wellspringhlc.org



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## Contemporary Dance for over 55s

A fun, friendly class. Includes a little bit of stretching. No experience necessary.

📅 Thursday ⌚ 4.30pm-5.45pm

📍 The Station, Silver Street,  
BS1 2AG £ £5 drop in/£25 for  
six classes

i Anna Arnold – M: 07852 988895



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## Dance

Gerry's Attic Dance classes for anyone 55 and over.

📅 Monday and Friday  
(term time only)

⌚ 5.45pm-7.15pm (Monday)  
and 12noon-2pm (Friday)

📍 Trinity Community Arts,  
Trinity Centre, Trinity Road,  
BS2 0NW £ £3

i M: 07740 677588  
E: info@juliathorneycroft  
dancetheatre.com



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## Dance Classes for over 55s

Fun and friendly dance classes to get you moving, thinking and laughing.

📅 Monday ⌚ 2pm-3pm

📍 The Beehive Centre,  
19a Stretford Road, Whitehall,  
BS5 7AW £ £3



i M: 07740 677588


E: julia.thorneycroft@  
blueyonder.co.uk



## Dance Fit

Lots of variety within the musical styles and dance steps. Mainly a low impact class, but with more energetic options for those who wish. Tea provided.

 Thursday  2pm-3pm

 The Beechwood Club,  
Beechwood Road, Fishponds,  
BS16 3TP

 £4.50

 Cressida - M: 07808 581739




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## Dance for Parkinson's

A playful and gentle dance movement class specifically designed for people living with Parkinson's. Bring your partner or carer along to join in too.

 Tuesday  10.30am-12noon

 Trinity Community Arts,  
Trinity Centre, Trinity Road,  
BS2 0NW


 £5


 Rachael – M: 07966 695209  
E: theoriginalspanners@gmail.com




## Irish Set Dancing


Danced at a slightly slower pace than usual and some of the moves modified to take account of possible movement difficulties. All with Parkinson's are welcome.

 Wednesday (term time only)

 7.30pm-9pm

 The Vassall Centre,  
Gill Avenue, Fishponds,  
BS16 2QQ

 Free

 Sharon Carr  
T: 0117 965 96530  
E: sharonjcarr@virginmedia.com




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## Beehive Beginners Line Dance

An inclusive line dance class for complete beginners. We start off with a cup of tea.

 Friday  10am-11am

 The Beehive Centre,  
19a Stretford Road,  
Whitehall, BS5 7AW

 £4

 Christine Power  
M: 07530 421650  
E: lineandcircledance@gmail.com



## Beehive Intermediate Line Dance

An established class of experienced dancers, though we adapt dances to avoid too many turns. Come early for a cup of tea in a side room before the class starts.

📅 Friday 🕒 10am-11am

📍 The Beehive Centre,  
19a Stretford Road, Whitehall,  
BS5 7AW £ £4

👤 Christine Power  
M: 07530 421650  
E: lineandcircledance@gmail.com



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## Senior Ballet Absolute Beginners (for over 55s)

A fun, friendly class for beginners. Includes barre and centre work using classical ballet exercises, music and repertoire.

📅 Friday 🕒 10am-11am

📍 The Station, Silver Street,  
BS1 2AG

£ £5 drop in/£25 for six classes

👤 Anna Arnold – M: 07852 988895  
E: anna.3rdstagedance@gmail.com  
W: www.3rdstagedance.com



## Senior Ballet General (for over 55s)

A fun, friendly class for beginners and those with experience. Includes barre and centre work using classical ballet exercises, music and repertoire.

📅 Friday 🕒 11.15am-12.15pm

📍 The Station, Silver Street,  
BS1 2AG

£ £5 drop in/£25 for six classes

👤 Anna Arnold – M: 07852 988895  
E: anna.3rdstagedance@gmail.com  
W: www.3rdstagedance.com



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## Exercise Referral

### Exercise Referral (Easton)

A 12-week tailor-made package of exercise sessions, especially for people with or at risk of developing health problems.

📅 Various 🕒 Various

📍 Easton Leisure Centre,  
Thrissell Street, Easton,  
BS5 0SW £ Call for details

👤 T: 0117 955 8840




© Everyone Active

## Exercise Referral (Kingsdown)

A 12-week tailor-made package of exercise sessions, especially for people with or at risk of developing health problems.

 Various  Various

 Kingsdown Sports Centre, Portland Street, Kingsdown, BS2 8HL  Call for details

 T: 0117 903 1633



## Keep Fit


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### Energise (Easton)

Exercise for individuals who have been affected by cancer, whose quality of life can be maintained through activity.

 Thursday  12.45-1.45pm

 Easton Leisure Centre, Thrissell Street, Easton, BS5 0SW  £3.10



 T: 0117 955 8840




### Keep Fit

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Especially designed for the older generation to help improve fitness and flexibility. Aerobics, balancing and strengthening exercise both in and out of the chair.

 Wednesday  2pm-3pm



 The Beehive Centre, 19a Stretford Road, Whitehall, BS5 7AW  £3.50



 T: 0117 935 4471




### Keep Fit

Meet in a spirit of fun and exercise together.

 Wednesday  7pm-8pm

 The Beechwood Club, Beechwood Road, Fishponds, BS16 3TP  Call for details

 Beryl – T: 0117 977 4534





## Low Impact

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### Friendship and Exercise Club

Friendship and exercise clubs are for older people who like gentle exercise and games as well as socialising with a cup of tea or coffee.

 Tuesday  10am-11.30am

 Fishponds Baptist Church (Youth Hall), Downend Road, Fishponds, BS16 5AS  £4

 T: 01454 862296

M: 07825 155954

E: [healthylifestyles@southglos.gov.uk](mailto:healthylifestyles@southglos.gov.uk)





## Gentle Exercise

A 60-minute chair-based class incorporating various gentle exercises aimed at improving mobility, strength, balance, coordination, posture and memory.

📅 Tuesday ⌚ 2pm-3.30pm

📍 Wellspring Healthy Living Centre, Beam Street, Barton Hill, BS5 9QY £ £1

👤 Emma Mather  
M: 07949 740121  
E: emma.mather@wellspringhlc.org



## Gentle Exercise (Women Only)

Chair-based class; various gentle exercises aimed at challenging and improving mobility, strength, balance and more. Adapted to suit your needs.

📅 Wednesday

⌚ 12.15pm-1.15pm

📍 Wellspring Healthy Living Centre, Beam Street, Barton Hill, BS5 9QY £ £1

👤 Emma Mather  
M: 07949 740121  
E: emma.mather@wellspringhlc.org



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## Move and Stretch

Dance and exercise to music.

📅 Wednesday ⌚ 10am-11am

📍 Holy Trinity Stapleton, 23 Park Road, Stapleton, BS16 1AZ


£ £5


👤 Michelle – M: 07505 937156




## Pedal Yourself Pink


Small, friendly static cycling classes. No need to be, or want to be, a cyclist. It's just good exercise.

 Tuesday and Friday

 1pm and 1.30pm (Tuesday)  
10.15am and 11am (Friday)

 The Exercise Club, 213  
Whiteladies Road, Clifton,  
BS8 2XS

 £8/£42 for six tickets



 Ross Campbell  
M: 07587 552653  
E: ross@theexerciseclub.co.uk






## Nordic Walking

### Nordic4 – Come for a Walk

Low impact, improving balance, co-ordination and fitness. Nordic Walking takes you into the fresh air all year round. Nordic4 tailors all teaching to individual needs.

 Friday  9.30am-10.30am

 Various  £10

 Katie Atkins  
M: 07970 741320  
E: katie.atkins@nordic4.com




## Orienteering

### Orienteering

Love maps? Come and navigate your own way around a course as best you can. Beginners and over 55s welcome. You can walk or run.

 Various  Various

 Various  Various

 Alan – T: 01453 899976


W: [www.bristolorienteeing.org.uk](http://www.bristolorienteeing.org.uk)





## Pickleball


### Pickleball Club - St Paul's (Intermediate/Advanced)

Pickleball is a paddle sport created for all ages/skill levels which combines elements of tennis, badminton and ping pong.

 Friday  7.30pm-9.30pm

 St Paul's Community Sports  
Academy, Newfoundland Road,  
BS2 9NH

 £7 for two hours (first session free) or £5 if you become a Bristol pickleball club member

 Roberto – M: 07901 752693  
E: [pickleballbristol@gmail.com](mailto:pickleballbristol@gmail.com)







## Skittles


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### Skittles for over 55s

Classic pub game played for fun. Easy to learn, difficult to master and great fun for beginners and experts alike. Booking essential.

 Wednesday  2pm-4pm

 The Ship Inn, Redcliffe Hill, BS1 6PA  Free

 T: 0117 305 2365






## Strength and Balance


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### Accessible FICSIT

Very friendly balance, strength, co-ordination, falls prevention class, particularly suited to those with mental or physical disabilities. We can also collect/drop off participants in our minibus if required. Please discuss this on enquiry.

 Wednesday  1pm-2pm

 All-Aboard Watersports, Baltic Wharf, Underfall Yard, Cumberland Road, BS1 6XG

 Free (Funded by Bristol Ageing Better)

 Ross Campbell


M: 07587 552653


E: ross@theexerciseclub.co.uk





## Frailty and Injuries Co-operative Studies and Intervention Techniques (FICSIT)

Very friendly balance, strength, co-ordination and falls prevention class.

 Tuesday and Friday

 11.30am-12.30pm (Tuesday) and 12.30pm-1.30pm (Friday)

 The Exercise Club, 213 Whiteladies Road, Clifton, BS8 2XS

 Free (Funded by Bristol Ageing Better)

 Ross Campbell


M: 07587 552653


E: ross@theexerciseclub.co.uk




## Staying Steady (Easton)

Strength and balance class to help build strength, walk steadily and lower your risk of falling. During the class you might use equipment.

 Wednesday

 11.15am-12.30pm

 Easton Leisure Centre, Thrissell Street, Easton, BS5 0SW  £3.50

 T: 0117 955 8840



## Staying Steady (Speedwell)

Strength and balance class to help build strength, walk steadily and lower your risk of falling. During the class you might use equipment.

📅 Thursday 🕒 1.30pm-2.30pm

📍 Brunel Fitness Centre,  
Speedwell Road, Speedwell,  
BS15 1NU £ £3.50

📞 T: 0117 377 0098  
E: bristol@almsport.co.uk



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## Strength Training

Safe, structured and effective strength training for ages 55-110 (you're never too old to start!).

📅 Monday to Friday

🕒 9am-11am and 3pm-5pm

📍 The Exercise Club, 213  
Whiteladies Road, Clifton, BS8 2XS

£ £7.50/£35 per month

📞 Ross Campbell  
M: 07587 552653  
E: ross@theexerciseclub.co.uk



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## Swimming

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### Young At Heart

Casual swimming for the over 50 age group. Suitable for people with dementia. Carers go free.

📅 Various 🕒 Various

📍 Easton Leisure Centre,  
Thrissell Street, Easton,  
BS5 0SW

£ £2.60 (Carers go free)

📞 T: 0117 955 8840



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## Table Tennis

### Ping! Table Tennis

Come and join our friendly club. It's a great way of getting fit and having fun. It's good for balance and the rules are simple.

📅 Monday and Friday

🕒 1pm-4pm

📍 The Beehive Centre,  
19a Stretford Road,  
Whitehall, BS5 7AW

£ £2 including refreshments

📞 T: 0117 935 4471



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## Tai Chi

### Tai Chi (Beginners)

Friendly beginners class focusing on balance, health with a gentle workout. You only require flat shoes and comfy clothes.

📅 Wednesday

🕒 10.30am-11.30am

📍 The Beehive Centre,

19a Stretford Road, Whitehall,  
BS5 7AW £ £4

i T: 0117 935 4471



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## Tai Chi

A more experienced class focusing on balance, health and wellbeing. You only require flat shoes and comfy clothes.

📅 Wednesday

🕒 11.30am-12.30pm

📍 The Beehive Centre,  
19a Stretford Road, Whitehall,  
BS5 7AW £ £4

i T: 0117 935 4471



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## Tai Chi

The exercises help with balance, co-ordination and movement and many can be done while sitting down. People with Parkinson's, their carers and families are welcome. There's also a chance to have refreshments and meet people.

📅 Friday 🕒 10.15am-12.15pm

📍 Downend Folk House  
Association, Overndale Road,  
BS16 2RW £ £5

i Brenda Sheppard  
T: 0117 967 8086



## Jacobs Wells Hub Tai Chi

Looking for a gentle activity to keep your mind and body active? Tai Chi could be just for you.

📅 Thursday (term time only)

🕒 10.30am-11.30am

📍 Stephenson Room, Students  
Union, Richmond Building, 105  
Queens Road, BS8 1LN £ £5

i T: 0117 942 4167

E: judyjwrhub@gmail.com



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## Walking

### Photography Walk for 55s - Clifton Suspension Bridge



Walk over the Clifton Suspension Bridge with its stunning views of the Avon Gorge, its rare wildflowers and peregrine falcons.

📅 5 August 🕒 10.30am-12.30pm

📍 Clifton Suspension Bridge  
Visitor Centre, Bridge Road,  
Leigh Woods, BS8 3PA £ Free

i Cheryl Martin

M: 07954 095391


E: cherylmartin53@gmail.com



## Photography Walk for 55s – Eastville Park

Eastville Park is a large park with a small lake with swans, ducks and often herons along with many birds. The park is beside the River Frome where kingfishers are often seen and more recently otters.

 2 September 2019

 10.30am-12.30pm

 Bell Hill B4058 Road, under M32 bridge  Free

 Cheryl Martin  
M: 07954 095391  
E: cherylmartin53@gmail.com






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## Photography Walk for 55s - Oldbury Court

An early autumn walk around the beautiful and diverse estate, combining woodland and riverside paths, followed by refreshments.

 2 December 2019

 10.30am-12.30pm

 Car park off Oldbury Court Road, BS16 2JH  Free

 Cheryl Martin  
M: 07954 095391  
E: cherylmartin53@gmail.com





## Rainbow Women's 55 Walk - Snuff Mills

Snuff Mills summer walk along a lovely deep wooded valley and beside the River Frome with its small narrow bridge and weirs.

 17 July 2019

 10.30am-11.30am

 Snuff Mills, River View Road car park, BS16 1DL  Free


 Cheryl Martin  
M: 07954 095391  
E: cherylmartin53@gmail.com






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## Walking - The Bristol Asperger Social Group

Walking group facilitated by Liz and Jenny for those with experience of Asperger's.

 First Friday of the month

 11am-12noon

 The Create Centre (meet on 1st Floor), B Bond, Smeaton Road, BS1 6XN  Free

 Andrew Powell  
M: 07795 490730  
E: hello@basg.org.uk



## Walking for Health

If you're interested in taking short, gentle walks in the local area then please come along. We take 30-minute walks.

📅 Monday 🕒 2pm-3pm

📍 Wellspring Healthy Living Centre, Beam Street, Barton Hill, BS5 9QY £ Free

📞 T: 0117 304 1400  
E: info@wellspringhlc.org



## Walking Group

Join us for our weekly walk around St George Park, to help you get more active and a social cup of tea/coffee after.

📅 Tuesday 🕒 10.30am-11.30am

📍 The Beehive Centre, 19a Stretford Road, Whitehall, BS5 7AW £ Free

📞 T: 0117 935 4471



## WalkOut Morning in Bristol

For those who identify as LGBT+. Enjoy a relaxing morning making new friends - we normally end up at a cafe to chat over tea or coffee.

📅 Wednesday

🕒 10.30am-12.30pm

📍 Various routes - meet at The

Watershed, Watershed Cinema, 1 Canon's Road, BS1 5UH £ Free

📞 David Sully M: 07814 403123



## Walking for Health Bristol

For your nearest walking group, see 'Walking for Health Bristol' on page 69.

## Walking Sport

### Walking Cricket

An adapted game using a pairs cricket format, played with a soft ball. A less physically demanding alternative to traditional cricket. No experience necessary.



© Alex Rotas

📅 Wednesday (April to August)

🕒 1pm-2pm

📍 Easton Leisure Centre, Thrissell Street, Easton, BS5 0SW £ Free

📞 Scott Tremain M: 07958 271414  
E: scott.tremain@glosccc.co.uk



## Walking Football

A slower paced game to normal football which enables participants of any age to be active and play.



📅 Tuesday 🕒 8pm-9pm

📍 Bristol Metropolitan Sports Hall, Snowdon Road, Fishponds, BS16 2HD £ £3

👤 Matt Bennett, Bristol Rovers Football Club T: 0117 952 2581  
E: mattbennett@bristolroverscommunity.org.uk



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## Walking Rugby

An all abilities opportunity to try slow paced rugby related fun and games.

📅 Wednesday 🕒 6.30pm-8pm

📍 Kingswood RFC, Grimsbury Road, Kingswood, BS15 9RA

£ £3

👤 John Thomson  
M: 07954 164590  
E: john.i.m.thomson@outlook.com or John Clease  
M: 07725 205575  
E: john.kath.clease@gmail.com



## Walking Tennis

A slower version of the game and is great for exercise in a relaxed, supportive and friendly environment.

📅 Tuesday 🕒 11am-12noon

📍 St George Park, Church Road, St George, BS5 7AA £ £4

👤 Helen Abbott, LTA

M: 07872 945664 or

M: 07411 263207

E: info@walkingtennis.org

W: www.walkingtennis.org



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## Water-based

### Come On Board - Gig Rowing

A chance to try your hand at rowing a traditional Cornish Pilot Gig in a relaxed and sociable environment with other novices to share in your maiden voyage.

📅 Friday (see website for dates)

🕒 11am-12.30pm

📍 All-Aboard Watersports, Baltic Wharf, Underfall Yard, Cumberland Road, BS1 6XG £ Free

👤 T: 0117 929 0801

W: www.allaboardwatersports.co.uk



## Come On Board - Kayaking

If you like the sound of gliding through Bristol on the water, experiencing the usually busy and bustling city in the calm and quiet, then this low-impact activity is most certainly for you.

📅 Friday (see website for dates)

🕒 2pm-4pm

📍 All-Aboard Watersports, Baltic Wharf, Underfall Yard, Cumberland Road, BS1 6XG

£ Free

📞 T: 0117 929 0801

W: [www.allaboardwatersports.co.uk](http://www.allaboardwatersports.co.uk)



## Come On Board - Powerboat Trips

Take a scenic river trip on one of All-Aboard's fully accessible powerboats. Accommodating wheelchairs if required, this is a great activity for you if you have any physical access requirements.

📅 Thursday (see website for dates) 🕒 2pm-4pm

📍 All-Aboard Watersports, Baltic Wharf, Underfall Yard, Cumberland Road, BS1 6XG

£ Free

📞 T: 0117 929 0801

W: [www.allaboardwatersports.co.uk](http://www.allaboardwatersports.co.uk)



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## Come On Board – Multi-Watersport Session

Come along for a 'pick and mix' of the watersport activities that All-Aboard has to offer.

📅 Thursday (see website for dates)

🕒 10am-12noon

📍 All-Aboard Watersports, Baltic Wharf, Underfall Yard, Cumberland Road, BS1 6XG

£ Free

📞 T: 0117 929 0801

W: [www.allaboardwatersports.co.uk](http://www.allaboardwatersports.co.uk)



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## Come On Board - Sailing

Sailing sessions for those aged 50 and above where you will be taught how to sail from the very beginning, or if you've been on the water before, to continue sailing in a supported environment.

📅 Wednesday (see website for dates) 🕒 10am-12noon

📍 All-Aboard Watersports, Baltic Wharf, Underfall Yard, Cumberland Road, BS1 6XG

£ Free

📞 T: 0117 929 0801

W: [www.allaboardwatersports.co.uk](http://www.allaboardwatersports.co.uk)



## Gig Rowing

Climb aboard and develop team work and fitness by



rowing our Cornish Gig in the historic Bristol Docks.

📅 Wednesday (starts September)

🕒 10am-12noon

📍 Pooles Wharf Centre, Hotwell Road, Hotwells, BS8 4RU (Next to the Grain Barge)

£ £7

📞 T: 0117 929 2513

E: [info@youngbristol.com](mailto:info@youngbristol.com)

W: [www.youngbristol.com](http://www.youngbristol.com)



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## Kick-Start into Watersports

Multi activity programme of water-based sports including gig rowing, kayaking and canoeing.

📅 Monday 🕒 10am-12noon

📍 Pooles Wharf Centre, Hotwell Road, Hotwells, BS8 4RU (Next to the Grain Barge)

£ Call for details

📞 T: 0117 929 2513

E: [info@youngbristol.com](mailto:info@youngbristol.com)

W: [www.youngbristol.com](http://www.youngbristol.com)



## Yoga/Meditation

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### Curvy Girl Yoga

Curvy Girl Yoga is a unique yoga class in Bristol which provides a safe space for women size 16 or more to practice yoga.

📅 Thursday 🕒 7.30pm-8.30pm

📍 Easton Community Centre, Kilburn Street, Easton, BS5 6AW

£ First class £5, thereafter £8 if you drop in

📞 T: 0117 954 1409

E: [info@eastoncommunitycentre.org.uk](mailto:info@eastoncommunitycentre.org.uk)

W: [www.curvygirlyoga.co.uk](http://www.curvygirlyoga.co.uk)



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### Hatha Yoga

Hatha is the core of yoga, beginning with the key 12 poses, which are developed and extended with alternative and more challenging poses.

📅 Tuesday 🕒 6pm-7pm

📍 Easton Community Centre, Kilburn Street, Easton, BS5 6AW

£ £8 drop in class

📞 Sophie Noonan

M: 07855 700772





## Yoga (Fishponds)



Mindfully increase your fitness, improve your flexibility and balance, and build your strength in a safe and sustainable way with guided zen relaxation.

📅 Tuesday 🕒 8.15pm-9.15pm

📍 The Beechwood Club,  
Beechwood Road, Fishponds,  
BS16 3TP

£ Call for details

📞 Nikki – M: 07525 735500



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## Yoga (Fishponds)

Help give you overall flexibility, build your fitness, bring you more strength and balance, and relax your mind.

📅 Wednesday

🕒 5.45pm-6.45pm

📍 The Beechwood Club,  
Beechwood Road, Fishponds,  
BS16 3TP

£ Call for details

📞 Nikki – M: 07525 735500



## Yoga with Faye at The Old Library

A beginner-friendly yoga class open to everybody - to help you revive, rewire and reconnect to yourself. Gently build strength and increase flexibility.

📅 Tuesday and Thursday

🕒 5.30pm-6.30pm

📍 The Old Library, Muller Road,  
Eastville, BS5 6XP

£ £6.50 or a 6-class pass for £30

📞 E: yogawithfaye@hotmail.com



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## Zen Fitness Yoga

Want to keep fit, healthy and injury-free as time goes on? Want accessible, effective fitness suitable for your body? This is the class for you.

📅 Thursday 🕒 9.30am-10.30am

📍 The Beechwood Club,  
Beechwood Road, Fishponds,  
BS16 3TP

£ Call for details

📞 Nikki – M: 07525 735500



## Zumba

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### Zumba (Easton)

Zumba with Dayna John, the ultimate dance fitness party that beats a boring old workout anyway.

📅 Thursday 🕒 6.30pm-7.30pm

📍 Easton Community Centre,  
Kilburn Street, Easton, BS5 6AW

£ £5

📞 Dayna John – M: 07850 680556



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### Zumba (Fishponds)

Easy to follow low impact moves with high energy offering interval style fitness which is so much fun you don't feel like you're working out.

📅 Tuesday 🕒 7pm-8pm

📍 The Beechwood Club,  
Beechwood Road, Fishponds,  
BS16 3TP

£ Call for details

📞 Anna – M: 07799 180437



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### Zumba Gold

A modified easy-to-follow Zumba choreography that focuses on balance, range of motion and co-ordination.



📅 Monday and Friday

🕒 9.30am-10.45am

📍 The Beechwood Club,  
Beechwood Road, Fishponds,  
BS16 3TP

£ Call for details

📞 Sally – M: 07341 813559



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### Zumba Gold

Active older adults who are looking for a modified Zumba class, at a lower intensity.

📅 Friday 🕒 2pm-3pm

📍 Easton Leisure Centre,  
Thrissell Street, Easton,  
BS5 0SW

£ £3.65

📞 T: 0117 955 8840



# North and West Bristol Activity Listing

## Badminton

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### 50+ Badminton

A fun and friendly session. No experience necessary. Café onsite.

📅 Tuesday, Thursday and Friday

🕒 Various

📍 Horfield Leisure Centre, Dorian Road, Horfield, BS7 0XW

£ £3.80 (£3.40 concession)

📞 T: 0117 903 1643



## Bowls

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### 50+ Short Mat Bowls

Come along and have a go. Café onsite.

📅 Tuesday 🕒 8.15am-9.45am

📍 Horfield Leisure Centre, Dorian Road, Horfield, BS7 0XW

£ £3.80 (£3.40 concession)

📞 T: 0117 903 1643



### Bowling on a Green

Green bowling is a game for people of all ages and abilities.

📅 Monday, Wednesday, Saturday and Sunday

🕒 2.30pm-5.30pm

📍 City and Port of Bristol Social and Sports Club, Nibley Road, Shirehampton, BS11 9XW

£ Annual membership fee £60 plus £20 membership to main club. There's a £2 green fee for each game. Cost of equipment/clothing varies, but a free club shirt is issued to all new members

📞 David Hinksman

T: 0117 908 2713



### Short Mat Bowls (Avonmouth)

This is a friendly, social activity with the opportunity of improving your game. Just pop along and have a chat with the bowlers.

📅 Monday and Friday

🕒 10am-12noon

📍 Avonmouth Community Centre, 257 Avonmouth Road, Avonmouth, BS11 9EN £ £3

📞 T: 0117 982 7455



## Short Mat Bowls (Lockleaze)

Come along to meet some friendly people and get a bit of gentle physical activity. All abilities welcome.

📅 Tuesday 🕒 1pm-3pm

📍 Lockleaze Hub, Gainsborough Square, Lockleaze, BS7 9FB

£ £3

📞 T: 0117 914 1129  
E: info@lockleazent.co.uk



## Cycling

### Life Cycle Group Rides for over 55s

Regular sociable group cycle rides meeting at various locations across the city.



We offer one to one lessons, gentle returners/beginners rides and more challenging rides around Bristol.

📅 Various 📍 Various

£ Optional £3 donation

📞 T: 0117 353 4580  
E: bikeminded@lifecycleuk.org.uk  
W: www.lifecycleuk.org.uk



## Woodland Trail Biking for over 55s

Run by Pedal Progression, your guide will take you on an appropriate route and provide basic skills instructions.

📅 Thursdays - 25 April to 24 October (except 8 August)

🕒 2pm-3pm

📍 Ashton Court Golf and Cycle Hub, Ashton Court, Abbots Leigh Road, BS8 3PX

£ £7 (£5 extra for bike hire)

📞 T: 0117 973 1298  
E: ollie@pedalprogression.com



## Dance

### Argentine Tango

Perfect for beginners and recent dancers. All welcome - class 6.30pm-7.45pm followed by practice till 8.30pm. No need to bring a partner.

📅 Wednesday

🕒 6.30pm-8.30pm

📍 Redland Club, Burlington Road, Redland, BS6 6TN

£ £8

📞 Michele – M: 07981 756965  
E: michele@tangowest.co.uk  
W: www.tangowest.co.uk





## Dancercise

Combining simple dance moves with careful stretching and strengthening exercises, Dancercise is designed to encourage mobility and fitness in a really friendly atmosphere.

### Avonmouth Circle Dance

A small, friendly class who enjoy dances from all over the world, which are done in a circle while holding hands together.

📅 Thursday 🕒 3pm-4pm

📍 Avonmouth Community Centre, 257 Avonmouth Road, Avonmouth, BS11 9EN £ £4.50

👤 Christine Power  
M: 07530 421650  
T: 0117 982 7445



### Dancercise

A fun, gentle dance and exercise class, suitable for adults of all ages, abilities and mobility. Includes fun dance routines and strengthening exercises.

📅 Wednesday 🕒 10am-11am

📍 St Andrew's Church Hall, Avonmouth Road, Avonmouth, BS11 9EN

£ Suggested £3 donation

👤 Anna Arnold - M: 07852 988895



Stay for a cuppa and a chat afterwards.

📅 Thursday 🕒 1.30pm-2.30pm

📍 St Edyth's Church Hall, 20 Avonleaze, Sea Mills, BS9 2HU

£ Suggested £3 donation

👤 Anna Arnold  
M: 07852 988895



### Dance for Parkinson's

A playful and gentle dance movement class specifically designed for people living with Parkinson's. Bring your partner or carer along to join in too.

📅 Friday 🕒 10.30am-12noon

📍 Gate 0, Brunel Building, Southmead Hospital, Southmead Road, BS10 5NB


£ £2


👤 Rachael – M: 07966 695209  
E: theoriginalspinners@gmail.com




## Shirehampton Line Dancers

A line dance group for those with some experience. Includes a break for a sit down and chat.

 Tuesday (not August or Christmas)

 2pm-3pm

 Shirehampton Public Hall, Station Road, Shirehampton, BS11 9TX

 £4.50

 Christine Power

M: 07530 421650


E: lineandcircledance@gmail.com




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## Southmead Advanced Line Dancers

A group for experienced line dancers, who don't mind learning new dances. Gather in bar area for tea/coffee (50p) after the class.

 Tuesday (not Christmas)

 9.30am-10.30am

 Southmead Community Centre, 248 Greystoke Avenue, Southmead, BS10 6BQ  £4.50

 Christine Power


M: 07530 421650


E: lineandcircledance@gmail.com




## Henbury Beginners Line Dance

A friendly, chatty class for beginners, with a break for a sit and chat.

 Wednesday

 1.15pm-2.15pm

 Henbury and Bentry Community Centre, Machin Road, Henbury, BS10 7HG

 £4

 Christine Power

M: 07530 421650


E: lineandcircledance@gmail.com





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## Westbury Park Improvers Line Dance

A new, small group which has been running for less than a year. We welcome beginners.

 Tuesday (term time only)

 11.30am-12.15pm

 St Alban's Church Hall, Bayswater Avenue, Westbury Park, BS6 7NU

 £7


 Christine Power


M: 07530 421650


E: lineandcircledance@gmail.com

## Henbury Improvers Line Dance


A friendly, chatty class, with a break for a sit and chat.

 Wednesday

 2.30pm-3.30pm

 Henbury and Brentry Community Centre, Machin Road, Henbury, BS10 7HG

 £4


 Christine Power  
M: 07530 421650  
E: lineandcircledance@gmail.com




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## Milonga


Social dance (Milonga) usually runs on the third Saturday of the month, but please contact us to confirm.

 Third Saturday of the month

 7.30am-12noon

 The Redland Club, Burlington Road, Redland, BS6 6TN


 £10

 Michele - M: 07981 756965  
E: michele@tangowest.co.uk  
W: www.tangowest.co.uk




## Tea Dance


Usually runs on the first or second Sunday of the month, but please contact us to confirm.

 First or second Sunday of the month

 2pm-7pm

 The Redland Club, Burlington Road, Redland, BS6 6TN

 £12

 Michele - M: 07981 756965  
E: michele@tangowest.co.uk  
W: www.tangowest.co.uk




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## Exercise Referral

### Exercise Referral (Henbury)

A 12-week tailor-made package of exercise sessions, especially for people with or at risk of developing health problems.

 Various  Various

 Henbury Leisure Centre, Avonmouth Way, Henbury, BS10 7NG

 Call for details

 T: 0117 353 2555



## Exercise Referral (Horfield)

A 12-week tailor-made package of exercise sessions, especially for people with or at risk of developing health problems.

📅 Various ⌚ Various

📍 Horfield Leisure Centre, Dorian Road, Horfield, BS7 0XW. £ Call for details

📞 T: 0117 903 1643



## Keep Fit

### 50+ Gym Session

An online induction must be completed prior to the first 50+ gym session. Call for more details.

📅 Tuesday, Thursday and Friday

⌚ Various 📍 Horfield Leisure Centre, Dorian Road, Horfield, BS7 0XW

£ £3.40 (£3.10 concession)

📞 T: 0117 903 1643



### 55+ Keep Fit

Total toning for everybody. Working on strength and endurance to sculpt the body and improve health and fitness levels. All abilities welcome.

📅 Monday ⌚ 7.30pm-8.30pm

📍 Avonmouth Community

AAB physical activity directory 2019/20

Centre, 257 Avonmouth Road, Avonmouth, BS11 9EN

£ £5

📞 Louisa - M: 07725 091429  
E: chairaerobicslouisa@gmail.com



## Energise (Henbury)

Exercise for individuals who have been affected by cancer, whose quality of life can be maintained or improved through activity.



📅 Friday ⌚ 7pm-8pm

📍 Henbury Leisure Centre, Avonmouth Way, Henbury, BS10 7NG

£ Call for details

📞 T: 0117 353 2555



## Energise (Horfield)

Exercise for individuals who have been affected by cancer, whose quality of life can be maintained or improved through activity.

📅 Tuesday ⌚ 11am-12noon

📍 Horfield Leisure Centre, Dorian Road, Horfield, BS7 0XW

£ Call for details

📞 T: 0117 903 1643





## Forever Active

This class is designed for active seniors. Classes are fun and varied and include circuits, aerobics, core and stretching. Parking is limited.

📅 Monday, Thursday and Saturday

🕒 Various

📍 The Greenway Centre,  
Doncaster Road, Southmead,  
BS10 5PY

£ Various

📞 T: 0117 950 3335



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## Functional Fitness Exercise Class

Improve and maintain your ability to walk, lift, carry, squat, lunge, push and pull. Functional fitness classes are specially designed to help you maintain your independence and stay active.

📅 Various 🕒 Various

📍 Durdham Down, Stoke Road,  
Durdham Downs, BS9 1FG

£ £5 (provides unlimited access to all classes throughout the week)

📞 Peter Coniglio

M: 07411 263207

E: info@exercisebristol.com

W: www.exercisebristol.com



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## Keep Fit

Join Sharon for an hour of fun and fitness. Based on a low impact form of aerobics including core stability, to help to reduce injuries and promote exercising.

📅 Tuesday and Friday

🕒 12.30pm-1.30pm

📍 The Rock Community Centre,  
Ridingleaze, Lawrence Weston,  
BS11 0QF

£ £2.50

📞 T: 0117 938 4636





## Men at St Peter's Keep Fit

Come along and join us for a morning of keep fit. Try a variety of exercises, all done at your own pace.

### Keep Fit

Mixture of movement, exercise, and dance. Very sociable classes with a qualified teacher.

📅 Wednesday and Friday

🕒 10.30am-11.30am

📍 Cotswold Community Centre, Dursley Road, Shirehampton, BS11 9XH. £ £4.50

📞 M: 07944 401575  
E: cotswoldca@gmail.com



### Ladies Keep Fit

This friendly session, which has a dance element to it, is suitable for all ages and abilities. New members are always welcome.

📅 Thursday 🕒 10am-11am

📍 St Peter's Church Hall, The Drive, Henleaze, BS9 4LD

£ £6 (pay as you go)

📞 T: 01454 618488  
E: laili@tiscali.co.uk  
W: www.exercisewithlailibrooks.com



📅 Tuesday 🕒 9.30am-10.30am

📍 St Peter's Church Hall, The Drive, Henleaze, BS9 4LD

£ £4

📞 T: 0117 968 4972



## Low Impact

### Accessible Exercise

Exercise class for differently abled adults, run by a trained tutor.

📅 Monday 🕒 11.30am-12.15pm

📍 Lockleaze Hub, Gainsborough Square, BS7 9FB

£ £3.50

📞 T: 0117 914 1129



## Chair Aerobics

Improve your strength, stability and balance with this seated and standing exercise class. All abilities welcome.

📅 Tuesday and Friday

🕒 10am-11am

📍 Tithe Barn, High Street, Shirehampton, BS11 0DE

£ £4

📞 Louisa – M: 07725 091429  
E: chairaerobicslouisa@gmail.com



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## Chair Aerobics

Enjoy seated and standing gentle exercise to enhance your health, fitness, stability, strength and balance. All abilities welcome.

📅 Wednesday

🕒 11.15am-12.15pm

📍 St Peter's Henleaze, 17 The Drive, Henleaze, BS9 4LD

£ £5

📞 Louisa – M: 07725 091429  
E: chairaerobicslouisa@gmail.com



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## Chair Aerobics

This is low impact exercise that will help maintain and improve your strength, mobility, balance, health, concentration and wellbeing. All abilities welcome.



📅 Thursday 🕒 12.15pm-1.15pm

📍 Henbury and Brentry Community Centre, Machin Road, Henbury, BS10 7HG

£ £4

📞 Jess – M: 07584 279487  
or Louisa – M: 07725 091429  
E: chairaerobicslouisa@gmail.com



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## Chair Aerobics

Designed for sitting and standing, using the chair for support. Suitable for those less mobile, wheelchair users, those with joint problems or injuries.

📅 Thursday 🕒 12.15pm-1pm

📍 Henbury Leisure Centre, Avonmouth Way, Henbury, BS10 7NG

£ Call for details

📞 M: 07825 033741



## Chair based Yoga

A gentle form of yoga where a chair or wall is used for support to move through and hold postures. Suitable for people with limited mobility or those who have had a recent injury.

📅 Wednesday 🕒 11am-12noon

📍 The Flamingo Centre,  
175 Southmead Road,  
Southmead, BS10 5DT

£ £8/£10

📞 Sadie - 07812 503062



📅 Monday 🕒 10.15am-11.15am

📍 Lockleaze Hub,  
Gainsborough Square,  
Lockleaze, BS7 9FB

£ £4

📞 T: 0117 914 1129



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## Chairobics

A class designed for sitting or standing, using the chair for support. Suitable for those less mobile and wheelchair users. Café onsite.

📅 Tuesday 🕒 11am-11.55am

📍 Horfield Leisure Centre,  
Dorian Road, Horfield, BS7 0XW

£ £4.05 (£3.65 concession)

📞 T: 0117 903 1643



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## Gentle Exercise for over 55s

Enjoy seated and standing gentle exercise to enhance your health, fitness, stability, strength and balance.

📅 Monday 🕒 2pm-3pm

📍 The Community Centre,  
Eden Grove, Horfield,  
BS7 0PQ

£ £3

📞 Louisa - M: 07725 091429



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## Gentle Exercise

A gentle exercise and stretching session. It's easy to follow and relaxing. Come and join this fun and open class for all abilities.

## Gentle Exercise for over 55s

Enjoy seated and standing gentle exercise to enhance your health, fitness, stability, strength and balance.

📅 Thursday 🕒 10.30am-11.30am

📍 The Community Centre,  
Eden Grove, Horfield, BS7 0PQ

£ £3

📞 Louisa - M: 07725 091429



## Move and Sing

Seated gentle exercise class with themed music and sing along.

📅 Thursday 🕒 11.05am-11.50am

📍 Ash Lea Court, Redcliffe  
Lounge, Lyddington Road,  
Monks Park, BS7 0FD

£ £4

📞 Michelle - M: 07505 937156



## Time To Move

Gentle movement and exercise to music for those less able. Small carpeted room which is good for balance.

📅 Tuesday 🕒 2.15pm-3.15pm  
followed by refreshments

📍 Henleaze United Reformed  
Church, Waterford Road,  
Henleaze, BS9 4BT

£ £5

📞 Michelle – M: 07505 937156



## New Age Kurling

### New Age Kurling

A sport that can be played by all abilities. The game doesn't require any physical fitness, but exercises muscles you wouldn't normally use.

📅 Monday 🕒 2.30pm-3.45pm

📍 Brentry Scout Hut, Tranmere  
Avenue, Brentry, BS10 7JN

£ £1.50

📞 Jess - M: 07584 279487



## New Age Kurling

An adapted form of the original game that can be played indoors. Suitable for both able-bodied and disabled people of all ages.

📅 Friday 🕒 10am-11.30am

📍 The Rock Community Centre, Ridingleaze, Lawrence Weston, BS11 0QF £ £2.50

📞 T: 0117 938 4636



## Nordic Walking

### Nordic4 – Come for a Walk

Low impact, improving balance, co-ordination and fitness. Nordic Walking takes you into the fresh air all



year round. Nordic4 tailors all teaching to individual needs. Beginners teaching is necessary prior to Come for a Walk (see website for pricing).

📅 Friday 🕒 9.30am-10.30am

📍 Various £ £10

📞 Katie Atkins M: 07970 741320  
E: katie.atkins@nordic4.com  
W: www.nordic4.com



## Nordic Walking

Walk over the grass of Bristol Downs. Nordic walking poles provided. Account is taken of people with Parkinson's walking speeds and pauses for stretching.

📅 Monday and Thursday

🕒 11.15am-12noon

📍 Café Retreat, Stoke Road, Durdham Downs, BS9 1FG

£ £3 for Parkinson's UK members

📞 Ros Ingelby M: 07886 885213  
E: ros@bristolnordicwalking.co.uk



## Nordic Walking

Nordic Walking is an enhancement of ordinary walking that involves poles. The technique helps improve strength and mobility. It is also social and fun.

📅 Various 🕒 Various

📍 Durdham Down, Stoke Road, Durdham Downs, BS9 1FG

£ £5 (provides unlimited access to all classes throughout the week)

📞 Peter Coniglio  
M: 07411 263207  
E: info@exercisebristol.com  
W: www.exercisebristol.com



## Orienteering

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### Orienteering

Love maps? Come and navigate your own way around a course as best you can. Beginners and over 55s welcome. You can walk or run.

 Various  Various

 Various

 Various

 Alan T: 01453 899976

W: [www.bristolorienteeing.org.uk](http://www.bristolorienteeing.org.uk)




## Pickleball


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### Pickleball Club - Horfield (Beginners/Intermediate/ Advanced)

Pickleball is a paddle sport created for all ages and skill levels which combines elements of tennis, badminton and ping pong.

 Monday  7pm-9pm

 Orchard School Sports Hall,  
Filton Road, BS7 0XZ

 £7 for two hours (first session free), £5 if you become a Bristol Pickleball Club member

 Roberto – M: 07901 752693  
E: [pickleballbristol@gmail.com](mailto:pickleballbristol@gmail.com)





## Pilates


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### Pilates


Pilates is a whole body workout, tightening and toning your whole body, reducing neck and back pain, stabilising muscles, improving posture and overall strength. Run in six week blocks.

 Monday (term time only)

 9.30am-10.30am

 The Redland Club, Burlington Road, Redland, BS6 6TN

 Contact for details

 E: [riverread@hotmail.com](mailto:riverread@hotmail.com) or  
Michele - M: 07981 756965

E: [michele@tangowest.co.uk](mailto:michele@tangowest.co.uk)


W: [www.redlandclub.co.uk](http://www.redlandclub.co.uk)




### Pilates

Pilates is a whole body workout, tightening and toning your whole body, reducing neck and back pain, stabilising muscles, improving posture and overall strength.

 Monday and Wednesday

 9.30am-10.30am

 Cotswold Community Centre,  
Dursley Road, Shirehampton,  
BS11 9XH  £5

 M: 07943 401575  
E: [cotswoldca@gmail.com](mailto:cotswoldca@gmail.com)



## Pilates

Pilates is a whole body workout, tightening and toning your body, reducing neck and back pain, stabilising muscles, improving posture and overall strength.

📅 Monday (term time only)

🕒 7pm-9pm

📍 The Redland Club, Burlington Road, Redland, BS6 6TN

£ Contact for details

📧 E: redlandpilates@virginmedia.com or Michele M: 07981 756965

E: michele@tangowest.co.uk

W: www.redlandclub.co.uk



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## Pilates

Pilates is a whole body workout, tightening and toning your body, reducing neck and back pain, stabilising muscles, improving posture and overall strength.

📅 Wednesday (term time only)

🕒 9.30am-10.30am

📍 The Redland Club, Burlington Road, Redland, BS6 6TN

£ Contact for details

📧 E: andyandhelenfoster@msn.com or Michele M: 07981 756965

E: michele@tangowest.co.uk

W: www.redlandclub.co.uk



## Pilates

Pilates is a whole body workout, tightening and toning your body, reducing neck and back pain, stabilising muscles, improving posture and strength.

📅 Wednesday 🕒 6.30pm-7.30pm

📍 Cotswold Community Centre, Dursley Road, Shirehampton, BS11 9XH

£ £5

📧 M: 07943 401575

E: cotswoldca@gmail.com



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## Pilates

Pilates is a whole body workout, tightening and toning your whole body, reducing neck and back pain, stabilising muscles, improving posture and overall strength.

📅 Thursday (term time only)

🕒 6.45pm-7.45pm

📍 The Redland Club, Burlington Road, Redland, BS6 6TN

£ Contact for details

📧 E: riverread@hotmail.com or Michele - M: 07981 756965

E: michele@tangowest.co.uk

W: www.redlandclub.co.uk





## Pilates

Pilates is a whole body workout, tightening and toning your whole body, reducing neck and back pain, stabilising muscles, improving posture and overall strength.

📅 Friday (term time only)

🕒 9.30am-10.30am

📍 The Redland Club, Burlington Road, Redland, BS6 6TN

£ Contact for details

📧 E: redlandpilates@virginmedia.com or Michele

M: 07981 756965

E: michele@tangowest.co.uk

W: www.redlandclub.co.uk



## Recovery

### Life Balance

Life Balance is a specialist exercise scheme for people with multiple sclerosis (MS) and Parkinson's. A GP referral is required.

📅 Tuesday 🕒 11.45am-12.45pm

📍 Henbury Leisure Centre, Avonmouth Way, Henbury, BS10 7NG £ £3.10

📧 Alistair - M: 07825 033741

E: alistairmacfarlane@everyoneactive.com



## PD Warrior

A rehabilitation programme of motivation and exercise working on mind and body co-ordination. For those with Parkinson's Disease and who are reasonably active.



📅 Thursday 🕒 5.30pm-6.30pm

📍 Bristol Brain Centre, Southmead Hospital, Southmead Road, BS10 5NB

£ £125 (10 week course)

📧 Alistair – M: 07825 033741

E: alistairmacfarlane@everyoneactive.com



### PD Warrior Continuation Class

A physical rehabilitation programme of motivation and exercise that works on mind and body co-ordination. A continuation class for PD Warrior.

📅 Monday 🕒 4pm-5pm

📍 Henbury Leisure Centre, Avonmouth Way, Henbury, BS10 7NG £ £10

📧 Alistair – M: 07825 033741

E: alistairmacfarlane@everyoneactive.com



## PD Warrior Continuation Class

A physical rehabilitation programme of motivation and exercise that works on mind and body co-ordination. A continuation class for PD Warrior.

📅 Wednesday 🕒 12noon-1pm

📍 Henbury Leisure Centre,  
Avonmouth Way, Henbury,  
BS10 7NG £ £10

📞 Alistair – M: 07825 033741  
E: alistairmacfarlane@  
everyoneactive.com



## Strength and Balance

### Staying Steady (Southmead)

Strength and balance class to help build strength, walk steadily and lower your risk of falling. During the class you might use equipment.

📅 Monday, Tuesday and Friday

🕒 2pm-3pm

📍 The Greenway Centre,  
Doncaster Road, Southmead,  
BS10 5PY £ £3.50

📞 T: 0117 950 3335  
(main reception) T: 0117 909  
0027 (fitness office)  
E: fitness@southmead.org



## Swimming

### 50+ Swim

A relaxing session for adults aged 50 and over to swim socially in a lane. Carers go free.



📅 Monday, Tuesday and Thursday

🕒 Various

📍 Horfield Leisure Centre,  
Dorian Road, Horfield, BS7 0XW

£ £3.15 (£2.60 concession)

📞 T: 0117 903 1643



## Table Tennis

### Ping Pong

Get fit and have fun playing ping pong with this light-hearted group. All levels of experience are welcome, so come and give ping pong a try. Refreshments included.

📅 Thursday 🕒 2pm-3pm

📍 Henbury and Brentry  
Community Centre, Machin  
Road, Henbury, BS10 7HG

£ £2.50


📞 Jess - M: 07584 279487



## Table Tennis

Have fun and socialise with a relaxed game of table tennis.

 Thursday  1.30pm-4pm

 The Redland Club, Burlington Road, Redland, BS6 6TN

 Contact for details

 David Evans

E: [davidevans@talktalk.net](mailto:davidevans@talktalk.net) or

Michele – M: 07981 756965

E: [michele@tangowest.co.uk](mailto:michele@tangowest.co.uk)

W: [www.redlandclub.co.uk](http://www.redlandclub.co.uk)



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## Table Tennis

Sessions are very relaxed - two tables. Singles until 9pm, then doubles.

 Thursday  8pm-10.30pm

 Cotswold Community Centre, Dursley Road, Shirehampton, BS11 9XH  £3

 M: 07943 401575

E: [cotswoldca@gmail.com](mailto:cotswoldca@gmail.com)




## Tai Chi

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### Chen Style Tai Chi

Weekly class teaching Chen Style Tai Chi. Both health and martial sides taught at all levels.

 Thursday  7pm-9pm

 Cotham School, Cotham Lawn Road, Cotham, BS6 6DX

 £30 (paid monthly)

 T: 01934 621184




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### Tai Chi

Looking for a gentle activity to keep your mind and body active? Tai Chi could be just for you. Beginners are welcome at this friendly session.

 Tuesday  12.30pm-1.30pm

 Henbury and Brentry Community Centre, Machin Road, Henbury, BS10 7HG

 £5

 Jess – M: 07584 279487




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### Tai Chi

Are you looking to keep your body and mind active? Frank leads this relaxing and healthy session in a fun environment.

 Thursday  2pm-3pm

 Shirehampton Public Hall, Station Road, Shirehampton, BS11 9TX  £5

 M: 07773 106793



© Alex Rotas



## Tai Chi (Beginners)

Are you looking for gentle activity to keep your body and mind active? Frank leads this relaxing, healthy, fun session.

📅 Tuesday ⌚ 10am-11am

📍 Studland Court, Henleaze Road, Henleaze, BS9 4BA

£ £5 ⓘ M: 07773 106793



## Tai Chi Works

Tai Chi is suitable for everyone, including people with physical difficulties and can be done standing, sitting or both.

📅 Tuesday and Friday (term time only) ⌚ 11am-12noon

📍 The Greenway Centre, Doncaster Road, Southmead, BS10 5PY

£ £6 (concessions available)

ⓘ Karen T: 0117 942 4167  
E: taijiworks@myphone.coop



## Tai Chi Works

Tai Chi is suitable for everyone, including people with physical difficulties and can be done standing, sitting or a mixture of both.

📅 Wednesday (term time only)

⌚ Time 2pm-3pm

📍 Southmead Community Centre, 248 Greystoke Avenue, Southmead, BS10 6BQ

£ £4

ⓘ Karen T: 0117 942 4167

E: taijiworks@myphone.coop



## Hormone Yoga Therapy

For women only. With Andrea Avery.

📅 Adhoc ⌚ Adhoc

📍 The Redland Club, Burlington Road, Redland, BS6 6TN

£ Free

ⓘ Andrea - M: 07739 873320

E: hormoneyogatherapyuk@gmail.com

E: 622andrea@seznam.cz or

Michele M: 07981 756965

E: michele@tangowest.co.uk

W: www.redlandclub.co.uk



## Walking

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### Henbury Health Walking Group

Thursday morning walks (generally under 3 miles in length). Usually bus travel to a starting point.

📅 Thursday 🕒 9.25am-12noon

📍 Bus stop outside Brookridge House, Crow Lane, Henbury, BS10 7HL

£ Free (apart from bus fares)

📞 Roger Thomas – T: 0117 950 4251 M: 07533 209577

E: r.m71.thomas@gmail.com

Mary Mellett – T: 0117 377 6247

E: rm007f6305@blueyonder.co.uk



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### Photography Walk for 55s - Kings Weston House

The house is surrounded by parkland and an area of woodland where we'll pass through to the Vanbrugh's Echo Pavilion.

📅 7 October 2019

🕒 10.30am-12.30pm

📍 Kings Weston House, Kings Weston Lane, BS11 0UR £ Free

📞 Cheryl Martin

M: 07954 095391

E: cherylmartin53@gmail.com



### Rainbow Women's 55 Walk - Kings Weston House

The house is surrounded by 300 acres of ancient woodland, landscaped grounds and meadows. We will pass through Vanbrugh's Echo Pavillion and the new water garden.

📅 31 July 2019

🕒 10.30am-11.30am

📍 Kings Weston House, Kings Weston Lane, BS11 0UR

£ Free

📞 Cheryl Martin

M: 07954 095391

E: cherylmartin53@gmail.com



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### Walking Club

Improve your health and meet new people by joining our free, friendly, weekly walking group.

📅 Wednesday 🕒 2pm-3.30pm

📍 Lawrence Weston Community Farm, Saltmarsh Drive, BS11 0NJ

£ Free

📞 T: 0117 938 1128

E: kerry@lwfarm.org.uk



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### Walking for Health Bristol

For your nearest walking group, see 'Walking for Health Bristol' on page 69.

## Walking Sport

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### Walking Cricket

An adapted game using a pairs cricket format, played with a soft ball. A less physically demanding alternative to traditional cricket. No experience necessary.

📅 Wednesday (September to March) ⌚ 1pm-2pm

📍 Gloucestershire County Cricket Club, Bristol County Ground, Nevil Road, Horfield, BS7 9EJ £ Free

👤 Scott Tremain  
M: 07958 271414  
E: scott.tremain@glosccc.co.uk



### Walking Football (Horfield)

A slower paced game to normal football which enables participants of any age to be active and play.



📅 Tuesday ⌚ 10.30am-11.30am

📍 Horfield Leisure Centre, Dorian Road, Horfield, BS7 0XW

£ £3 👤 Keith Gwilym, Bristol United Walking Football Club  
M: 07948 383536  
E: buwfc2018@gmail.com



### Walking Multi-Sport (Southmead)

A range of slow paced and light intensity sporting activity including badminton, indoor bowls (Boccia), New Age Kurling, musical activity and more.

📅 Friday ⌚ 1pm-2.30pm

📍 Southmead Community Centre, 248 Greystoke Avenue, Southmead, BS10 6BQ £ £2

👤 Kris Tavender, Bristol Bears Community Foundation  
M: 07766 446572  
E: ktavender@bristolbearsrugby.com



### Walking Multi-Sport (Westbury-on-Trym)

A range of slow paced and light intensity sporting activity including badminton, indoor bowls (Boccia), New Age Kurling, musical activity and more.

📅 Thursday ⌚ 10.30am-12noon

📍 Oatley Hall, Cote Lane Retirement Village, Westbury-on-Trym, BS9 3UN £ £2

👤 Kris Tavender, Bristol Bears Community Foundation  
M: 07766 446572  
E: ktavender@bristolbearsrugby.com



## Walking Rugby

An outdoor all abilities opportunity to try, or return to, slower paced rugby fun and games.



📅 Friday 🕒 10am-11.30am

📍 Westbury Fields Cricket Pavilion, Cricket Lane, BS10 6TW £ £3/£4

👤 Declan Armstrong, Bristol Bears Community Foundation  
T: 0117 958 1651

E: darmstrong@bristolbearsrugby.com



## Walking Tennis

A slower version of the game and is great for exercise in a relaxed, supportive and friendly environment.

📅 Wednesday

🕒 9.30am-10.30am

📍 Westbury Park Tennis Club, Russell Grove, Henleaze, BS6 7UF £ £4

👤 Helen Abbott, LTA  
M: 07872 945664 or  
M: 07411 263207  
E: info@walkingtennis.org  
W: www.walkingtennis.org



## Walking Tennis

A slower version of the game and is great for exercise in a relaxed, supportive and friendly environment.

📅 Thursday 🕒 11am-12noon

📍 Coombe Dingle Sports Complex, Coombe Lane, Stoke Bishop, BS9 2BJ £ £4

👤 Helen Abbott, LTA M: 07872 945664 or M: 07411 263207  
E: info@walkingtennis.org  
W: www.walkingtennis.org



## Women's Walking Football

Play the beautiful game you love, at a slower pace.

📅 Wednesday 🕒 6pm-7pm

📍 Horfield Leisure Centre, Dorian Road, Horfield, BS7 0XW

£ £3 👤 Keith Gwilym, Bristol United Walking Football Club  
M: 07948 383536  
E: buwfc2018@gmail.com



© Jeni Nott

## Water-based

For your nearest water-based activities, see 'Inner City and East Bristol' page 22.

## Zumba

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### Zumba Fitness

High energy, fun dance fitness to world music for all ages. Bring water and a sense of humour.

📅 Wednesday

🕒 6.35pm-7.30pm

📍 Westbury-on-Trym Village Hall, 44 Eastfield Road, BS9 4AG

£ £5 ⓘ Marie Clifford

T: 0117 963 4104

E: [bristoldancezumba@gmail.com](mailto:bristoldancezumba@gmail.com)

W: [www.bristoldancezumba.co.uk](http://www.bristoldancezumba.co.uk)



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### Zumba Gold

All the fun music and dance of Zumba, but low impact and at a calmer pace. Suitable for all ages. Not on Bank Holidays.

📅 Monday 🕒 12.15pm-1pm

📍 Avonmouth Community Centre, 257 Avonmouth Road, BS11 9EN £ £4

ⓘ Marie Clifford T: 0117 963 4104 or T: 0117 982 7445



### Zumba Gold

Easy-to-follow, dance fitness for those looking for a lower intensity class. The pace is suited to keep you in the groove of life.

📅 Tuesday 🕒 10am-10.55am

📍 Horfield Leisure Centre, Dorian Road, Horfield, BS7 0XW

£ £3.50 ⓘ T: 0117 903 1643



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### Zumba Gold

Fun dance fitness. Same great music and world dance inspired routines as regular Zumba, but lower impact.

📅 Wednesday

🕒 5.30pm-6.25pm

📍 Westbury-on-Trym Village Hall, 44 Eastfield Road, BS9 4AG

£ £5 ⓘ Marie Clifford

T: 0117 963 4104

E: [bristoldancezumba@gmail.com](mailto:bristoldancezumba@gmail.com)

W: [www.bristoldancezumba.co.uk](http://www.bristoldancezumba.co.uk)





## Wheelchair Friendly Zumba Gold

Classes designed specifically for the use of a chair, ideal for wheelchair users or those with poor mobility or balance. Booking essential.

📅 Thursday 🕒 10.30am-11.30am

📍 Gainsborough Court,  
Gainsborough Square,  
Lockleaze, BS7 9XA

£ £3

📞 M: 07503 190381



## Yoga/Meditation

### Yoga

A series of movements designed to increase strength and flexibility (postures) and breathing.

📅 Monday 🕒 5.30pm-6.30pm

📍 The Redland Club,  
Burlington Road, Redland,  
BS6 6TN

£ Contact for details

📞 Neil - E: [neil.bloodworth6@gmail.com](mailto:neil.bloodworth6@gmail.com) or Michele  
M: 07981 756965  
E: [michele@tangowest.co.uk](mailto:michele@tangowest.co.uk)  
W: [www.redlandclub.co.uk](http://www.redlandclub.co.uk)



### Yoga

A series of movements designed to increase strength and flexibility (postures) and breathing.

📅 Tuesday 🕒 6.15pm-8.30pm

📍 The Redland Club, Burlington  
Road, Redland, BS6 6TN

£ Contact for details

📞 Charlotte – M: 07533 732035  
E: [mail@yogabristol.com](mailto:mail@yogabristol.com)  
W: [www.yogabristol.com](http://www.yogabristol.com)



### Yoga

A series of movements designed to increase strength and flexibility (postures) and breathing.

📅 Thursday 🕒 8pm-9.30pm

📍 The Redland Club, Burlington  
Road, Redland, BS6 6TN

£ Contact for details

📞 Neil - E: [neil.bloodworth6@gmail.com](mailto:neil.bloodworth6@gmail.com) or Michele  
M: 07981 756965  
E: [michele@tangowest.co.uk](mailto:michele@tangowest.co.uk)  
W: [www.redlandclub.co.uk](http://www.redlandclub.co.uk)



## Yoga

A series of movements designed to increase strength and flexibility (postures) and breathing.

📅 Saturday 🕒 9am-11.15am

📍 The Redland Club, Burlington Road, Redland, BS6 6TN

£ Contact for details

📞 Neil - E: [neil.bloodworth6@gmail.com](mailto:neil.bloodworth6@gmail.com) or Michele

M: 07981 756965

E: [michele@tangowest.co.uk](mailto:michele@tangowest.co.uk)

W: [www.redlandclub.co.uk](http://www.redlandclub.co.uk)



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## Yoga

A series of movements designed to increase strength and flexibility (postures) and breathing.

📅 Saturday 🕒 12.30pm-1.30pm

📍 The Redland Club, Burlington Road, Redland, BS6 6TN

£ Contact for details

📞 Selina - E: [selinaratcliffe7@gmail.com](mailto:selinaratcliffe7@gmail.com) or Michele

M: 07981 756965

E: [michele@tangowest.co.uk](mailto:michele@tangowest.co.uk)

W: [www.redlandclub.co.uk](http://www.redlandclub.co.uk)



## Yoga

A series of movements designed to increase strength and flexibility (postures) and breathing.

📅 Sunday 🕒 6pm-7pm

📍 The Redland Club, Burlington Road, Redland, BS6 6TN

£ Contact for details

📞 Neil - E: [neil.bloodworth6@gmail.com](mailto:neil.bloodworth6@gmail.com) or Michele

M: 07981 756965

E: [michele@tangowest.co.uk](mailto:michele@tangowest.co.uk)

W: [www.redlandclub.co.uk](http://www.redlandclub.co.uk)



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## Yoga with Clara

A donation-based yoga class for anyone and everyone. Pay-what-you-can on the day. A drop-in class accommodating all levels of yoga experience and fitness. No need to book, simply come along.

📅 Friday (term time only)

🕒 11.10am-12.10pm

📍 Bristol YogaSpace, Princes Place, Bishopston, BS7 8NP

£ Suggested £3 donation

📞 Clara - M: 07530 053543

W: [www.bristolyogospace.co.uk](http://www.bristolyogospace.co.uk)





### Your Way to Wellbeing

Alexander Technique classes with Jane Morris in the Vintage Room. Five week blocks.

📅 Monday 🕒 7pm-8.30pm

📍 The Redland Club, Burlington Road, Redland, BS6 6TN

£ Contact for details

👤 Jane Morris

M: 07775 430877

E: jane@freedomandease.co.uk

W: www.freedomandease.co.uk



### Your Way to Wellbeing

Alexander Technique classes with Jane Morris in the Vintage Room. Five week blocks.

📅 Tuesday 🕒 10am-11.30am

📍 The Redland Club, Burlington Road, Redland, BS6 6TN

£ Contact for details

👤 Jane Morris

M: 07775 430877

E: jane@freedomandease.co.uk

W: www.freedomandease.co.uk



# South Bristol Activity Listing

## Archery

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### Over 55 Archery

An activity for beginners or the more experienced. All equipment provided.

📅 Thursday 🕒 11.45am-1.15pm

📍 The Park Centre,  
Daventry Road, Knowle,  
BS4 1DQ

£ £3.50

📞 Mark – M: 07786 804257  
E: mpollard70@hotmail.com



## Badminton

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### Badminton for Pleasure

Come and join us for a friendly game of badminton. We do not meet on Bank Holidays.

📅 Monday 🕒 3pm-4pm

📍 The Park Centre, Daventry  
Road, Knowle, BS4 1DQ

£ £2 (pay when you go)

📞 Don – T: 01275 891879



## Bowls

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### EPIC Short Mat Bowling Club

An afternoon of fun and plenty of laughter. Please wear flat treadless rubber based shoes that have not been worn outdoors.

📅 Friday 🕒 2pm-4pm

📍 The Withywood Centre,  
Queens Road, Withywood,  
BS13 8QA

£ First session free/£3

📞 T: 0117 987 8400



### Short Mat Bowls

A warm and welcoming club. No experience needed. Bowls provided and cost includes tea and biscuits.

📅 Monday and Wednesday

🕒 10am-12noon

📍 Christ The Servant Church,  
Materman Road, Stockwood,  
BS14 8HS



£ £2


📞 T: 01275 831138



## Short Mat Bowls

A warm and welcoming club. No experience needed. Bowls provided and cost includes tea and biscuits.

 Wednesday  2pm-4pm

 Christ The Servant Church, Materman Road, Stockwood, BS14 8HS

 £2

 T: 01275 831138



## Cycling

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### Life Cycle Group Rides for over 55s

Regular sociable group cycle rides meeting at various locations across the city. We offer one to one lessons, gentle returners/beginners rides and more challenging rides around Bristol.

 Various  Various

 Optional £3 donation

 T: 0117 353 4580


E: [bikeminded@lifecycleuk.org.uk](mailto:bikeminded@lifecycleuk.org.uk)


W: [www.lifecycleuk.org.uk](http://www.lifecycleuk.org.uk)




## Woodland Trail Biking for over 55s

Run by Pedal Progression, your guide will take you on an appropriate route and provide basic skills instructions.

 Thursdays - 25 April to 24 October (except 8 August)

 2pm-3pm

 Ashton Court Golf and Cycle Hub, Ashton Court, Abbots Leigh Road, BS8 3PX

 £7 (£5 extra for bike hire)

 T: 0117 973 1298

E: [ollie@pedalprogression.com](mailto:ollie@pedalprogression.com)




## Dance

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### Adult Silver Swans

Gentle ballet class for beginners or returners to dance. Very social. A great way to meet people with a passion and joy for life.

 Tuesday  3pm-3.45pm

 St Peter's Church Hall, 170 Allison Road, Brislington, BS4 4NZ  £6

 Debbie Bassett

T: 01761 472109





### Bedminster Line Dancing for over 55s

Come and join this friendly dance class where we have fun weekly on Fridays. Open to all and complete beginners welcome.

📅 Friday (term time only)

🕒 1.30pm-2.30pm

📍 Southbank Club, Dean Lane, Southville, BS3 1DB £ £4

📞 T: 0117 305 2365



### Carol's Line Dancers

Mix of beginner, improver and intermediate classes available. Social and great fun.

📅 Thursday 🕒 Various

📍 St Luke's Church Hall, Church Parade, Brislington, BS4 5AZ

£ Call for details

📞 M: 07870 830695



### Dance Fit

Get fit at this fun class, with dance steps from Salsa, Jive, Bollywood, Swing, Latin and more. Wear fitness clothes and trainers.

📅 Monday 🕒 11am-12noon

📍 The Park Centre, Daventry Road, Knowle, BS4 1DQ £ £4.50

📞 Cressida - M: 07808 581739



### Dance Fit

A fun dance and fitness class for over 50s. We use steps and music from a variety of dance including Latin, Country, Western and more.

📅 Wednesday 🕒 10.30am-11.30am

📍 Brislington United Reformed Church, Grove Park, Brislington, BS4 3LG £ £5

📞 T: 0117 939 1672



## Dance Variety

Learn steps and short routines from different dance styles. Some dance or fitness experience useful. Wear comfortable clothes.

📅 Monday 🕒 12noon-1pm

📍 The Park Centre, Daventry Road, Knowle, BS4 1DQ £ £5

📞 Cressida – M: 07808 581739



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## Playford Country Dance Group

The Playford Country Dance Group is a modern take on Playford type dancing. Everyone welcome.

📅 Thursday 🕒 7.30pm-9.30pm

📍 St Peter's Church Hall, 170 Allison Road, Brislington, BS4 4NZ £ Call for details

📞 T: 0117 971 9882



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## Sequence Dancing

Join this popular senior sequence dancing group suitable for all levels.

📅 Thursday 🕒 2pm-4pm

📍 Brislington United Reformed Church, Grove Park, Brislington, BS4 3LG £ £1

📞 T: 0117 977 7534



## The Park Tea Dance

Dance teacher to give lessons or just to entertain while you watch. Refreshments and live music.

📅 First Tuesday of every month

🕒 2pm-4pm

📍 The Park Centre, Daventry Road, Knowle, BS4 1DQ

£ £3.50

📞 T: 0117 903 9770

E: joy.pollard@theparkcentre.org.uk



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## Keep Fit

### Fit and Fab (Women Only)

If you like to make positive changes to your wellbeing, join a mutually supportive group of local women to help you achieve your goals. Please call before attending for the first time.

📅 Thursday (term time only)

🕒 10am-12noon

📍 Knowle West Health Park Company, 5 Knowle West Health Park, Downton Road, BS4 1WH


£ £1 📞 T: 0117 377 2255


E: info@knowlewesthealthpark.co.uk




## Hips, Bums and Tums

Tone up, firm up and burn fat from your tummy, hips, thighs and bottom. This is a friendly group that will target those areas most needed.

 Tuesday

 6pm-7pm and 7pm-8pm

 Knowle West Health Park Company, 5 Knowle West Health Park, Downton Road, BS4 1WH

 £3.50  T: 0117 377 2255

E: [info@knowlewesthealthpark.co.uk](mailto:info@knowlewesthealthpark.co.uk)






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## Social Prescribing for Physically Inactive People

If you like help to be active but don't know where to start, this service could be for you. We know that becoming more physically active can have positive impact on physical health and emotional wellbeing and this service offers you 1 to 1 support from an experienced worker to help you get moving. We work at your pace, to set goals and find suitable activities. Go on, give it a try.

 Various  Various

 Knowle West Health Park Company, 5 Knowle West Health Park, Downton Road, BS4 1WH

 Free  T: 0117 377 2255


E: [spicton@knowlewesthealthpark.co.uk](mailto:spicton@knowlewesthealthpark.co.uk)




## Step Aerobics

Tone up, firm up and burn fat. This is a friendly group that's a great way to stay in shape.

 Thursday  6pm-7pm

 Knowle West Health Park Company, 5 Knowle West Health Park, Downton Road, Knowle, BS4 1WH

 £3.50

 T: 0117 377 2255




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## The Park Centre Community Gym

A community gym accessed by many over 55s offering over 55 courses. Fully qualified gym instructors and GP referral consultants.

 Various  Various

 The Park Centre, Daventry Road, Knowle, BS4 1DQ

 Prices from £3 per session

 T: 0117 903 9770

E: [ben.pollard@theparkcentre.org.uk](mailto:ben.pollard@theparkcentre.org.uk)





## Low Impact

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### Gentle Exercise

If you want to maintain and improve your strength and flexibility, but find usual exercise classes too challenging, this is the group for you. Amy brings together a combination of dance and fitness movements to build enjoyable, gentle sessions that slowly build on your abilities. Can be done either standing or seated or a bit of both.

📅 Monday 🕒 9.45am-10.45am

📍 Knowle West Health Park Company, 5 Knowle West Health Park, Downton Road, BS4 1WH

£ £3.50

📞 T: 0117 377 2255



### Go Row Indoors

Free taster class and induction. Indoor rowing is an excellent form of low impact, aerobic exercise. It's not just good fun, it's great for your health as well.

📅 Saturday 🕒 1pm-2pm

📍 Bristol Ariel Rowing Club, Pump House Lane, St Anne's Park, BS4 4RQ

£ Free taster class and induction / Contact for details

📞 T: 0117 941 8300

M: 07940 259847

E: gorowindoor@bristolarielrowingclub.co.uk



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### Stretch and Roll Workout

This is a friendly and relaxed women's exercise class, including a lovely stretch workout routine and an introduction to Ginastica Natural Yoga.

📅 Tuesday 🕒 7.30pm-8.30pm

📍 Knowle West Health Park Company, 5 Knowle West Health Park, Downton Road, Knowle, BS4 1WH

£ £3

📞 Adrienne – M: 07962 914002



## Time To Move

Movement and dance to music (not seated).

📅 Monday 🕒 2pm-3pm

📍 Recatch Community Centre,  
Redcatch Road, Knowle,  
BS4 2EP £ £5

📞 Michelle – M: 07505 937156



## Time To Move

Exercise class for older people. Fun and friendly class to improve balance, flexibility and wellbeing. Including refreshments, chat and speakers.

📅 Wednesday 🕒 2pm-3.30pm

📍 Knowle Methodist Church Hall,  
Redcatch Road, Knowle,  
BS4 2EP £ £5

📞 Michelle – M: 07505 937156  
E: timetmove5@gmail.com



## Martial Arts

### Qijong Course

Five week courses or drop-in. The class will include a warm up and gentle movements as well as breathing exercise and meditation. The exercises can be carried out sitting, but the hall is accessed by stairs as is the toilet.

📅 Monday (Starting September)

🕒 6pm–7pm

📍 Totterdown Methodist Church,  
Bushy Park, Totterdown,  
BS4 2EG £ £7 drop-in/  
£30 for five week course

📞 M: 07954 276215

E: janicerossiter51@hotmail.com



### Qijong Course

Six week courses for beginners and people with health issues. The studio at the Osteopaths is on the ground floor so it's accessible and suitable for people with mobility issues and they have ground floor toilet facilities.

📅 Starting September

🕒 Contact for details

📍 Wells Road Osteopaths, 253  
Wells Road, Knowle, BS4 2PH

£ Contact for details

📞 E: janicerossiter51@hotmail.com



## Qui Gong for over 50s (Southville)

Qui Gong for health and happiness. Ideal for those recovering from illness and generally a great way to improve wellbeing.

📅 Thursday

🕒 10.15am-11.15am

📍 The Southville Centre, Bealey Road, Southville, BS3 1QG

£ Free

📞 T: 0117 923 1039

E: ruth.green@bs3community.org.uk



## New Age Kurling

### New Age Kurling

A sport that can be played by all abilities. The game doesn't require any physical fitness, but exercises muscles you wouldn't normally use.

📅 Friday 🕒 11am-12noon

📍 The Elephant House, 1 Dean Street, Bedminster, BS3 1BG

£ £2 📞 M: 07732 068607



## Nordic Walking

### Nordic4 – Come for a Walk

Low impact, improving balance, co-ordination and fitness. Nordic Walking takes you into the fresh air all year round. Nordic4 tailors all teaching to individual needs.

📅 Friday 🕒 9.30am-10.30am

📍 Various £ £10

📞 Katie Atkins – M: 07970 741320

E: katie.atkins@nordic4.com



## Orienteering

### Orienteering

Love maps? Come and navigate your own way around a course as best you can. Beginners and over 55s welcome. You can walk or run.

📅 Various 🕒 Various

📍 Various £ Various

📞 Alan - T: 01453 899976

W: www.bristolorienteeing.org.uk




## Strength and Balance


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### Staying Steady (Hengrove)

Strength and balance class to help build strength, walk steadily and lower your risk of falling. During the class you might use equipment.

 Tuesday  12.30pm-1.30pm

 Hengrove Park Leisure Centre, Hengrove Promenade, Hengrove Park, Hengrove, BS14 0DE  £3.50


 T: 0117 937 0200  
E: hengrove.referral@parkwood-leisure.co.uk




### Staying Steady (Knowle)

Strength and balance class to help build strength, walk steadily and lower your risk of falling. During the class you might use equipment. Please contact Ben for an assessment before attending the group.

 Monday  12.30pm-1.30pm

 The Park Centre, Daventry Road, Knowle, BS4 1DQ

 £3.50

 T: 0117 903 9770  
E: ben.pollard@theparkcentre.org.uk




## Table Tennis


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### Over 55 Table Tennis

All abilities welcome. Have fun and meet new friends.

 Thursday  10.30am-12noon

 The Park Centre, Daventry Road, Knowle, BS4 1DQ

 Dependent on number between £2 and £5

 T: 0117 903 9770  
E: joy.pollard@theparkcentre.org.uk




## Tai Chi


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### Seated Tai Chi

Tai Chi for people with balance and mobility problems. The class is not the full Tai Chi form and is mainly seated.

 Tuesday (term time only)

 2pm-3pm

 Monica Wills House, Cromwell Street, Bedminster, BS3 3NH

 £3  T: 0117 305 2350



## Tai Chi

Tai Chi is a relaxing exercise suitable for all. Very good for muscles, joints and overall health. Come along and try it out.

📅 Monday 🕒 1pm-2pm

📍 St Anne's Church Hall,  
Langton Road, Brislington,  
BS4 4ER £ £4

📞 M: 07825 548884



## Tai Chi

Tai Chi is a relaxing exercise suitable for all. Very good for muscles, joints and overall health. Come along and try it out.

📅 Monday 🕒 2.15pm-3.15pm

📍 St Peter's Church Hall, 170  
Allison Road, Brislington,  
BS4 4NZ £ £3

📞 M: 07718 745815



## Tai Chi (Advanced)

Are you looking to improve your health by keeping your body and mind active? Frank leads this relaxing and healthy session in a fun environment.

📅 Friday 🕒 11am-12noon

📍 The Witherwood Centre,  
Queens Road, Witherwood,  
BS13 8QA £ £5

📞 M: 07773 106793



## Tai Chi (Beginners)

Are you looking to improve your health by keeping your body and mind active? Frank leads this relaxing and healthy session in a fun environment.

📅 Friday 🕒 10am-11am

📍 The Witherwood Centre,  
Queens Road, Witherwood,  
BS13 8QA £ £5


📞 M: 07773 106793




© Alex Rotas


## Tai Chi for over 55s

Exercises consisting of sequences of slow, controlled movements that can improve balance and promote relaxation. Some experience is necessary.

 Friday (term time only)

 10am-11am

 The Park Centre, Daventry Road, Knowle, BS4 1DQ


 £4  T: 0117 305 2365




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## Tai Chi Movements for Wellbeing

Gentle simple movement to increase your physical health, reduce stress and feel more energised. For all ages and mobility. No previous experience needed.

 Wednesday (term time only)

 10.30am-11.45am

 Knowle West Healthy Living Centre, Downton Road, Knowle, BS4 1WH  £4

 Andrea Bailey  
M: 07891 034987  
E: andrea@tmwtraining.com



## Walking

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### One Heart Walking Group (Knowle West)

A gentle walk lasting up to 25 minutes. No need to book, just drop in.

 Monday  11am-11.30am

 Knowle West Healthy Living Centre, Downton Road, Knowle, BS4 1WH  Free

 Laura Hathway  
T: 0117 377 2255  
E: info@knowlewesthealthpark.co.uk





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### Three Heart Walking Group (Knowle West)

A more strenuous walk lasting up to 90 minutes. Meet at various places, but generally in Knowle West or at the central bus station.

 Tuesday  9.30am-11am

 Various (Contact for details)

 Free  Laura Hathway  
T: 0117 377 2255  
E: info@knowlewesthealthpark.co.uk





## Two Heart Walking Group (Knowle West)

A moderate walk lasting between 40 to 90 minutes. Meet at various places, but generally in Knowle West or at the central bus station.

📅 Thursday 🕒 9.30am-10.30am

📍 Various (Contact for details)

£ Free ⓘ Laura Hathway

T: 0117 377 2255

E: [info@knowlewesthealthpark.co.uk](mailto:info@knowlewesthealthpark.co.uk)



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## Victoria Park Walk Stroll 'n' Chat

The routes will vary but will stick to tarmacked paths, with some

slopes. All walks will be between 30 to 60 minutes and will be held at a steady pace.

📅 Second, fourth Tuesday of the month 🕒 10.30am-11.30am

📍 Victoria Park, Hill Avenue, Bedminster, BS3 4DP £ Free

ⓘ Pat Burgess T: 0117 985 0225

M: 07989 028352 or Janet

Chatfield – M: 07855 093380

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## Walking for Health Bristol

For your nearest walking group, see 'Walking for Health Bristol' on page 69.

## Walking Sport

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### Walking Football (Knowle)

A slower paced game to normal football which enables participants of any age to be active and play.

📅 Friday ⌚ 2.30pm-3.30pm

📍 The Park Centre, Daventry Road, Knowle, BS4 1DQ £ £3

👤 Mark Reynolds

M: 07557 477035

E: mark.reynolds@bcfc.co.uk



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### Walking Football (Stockwood)

A slower version of football for over 55s. Beginners and intermediate sessions running concurrently.

📅 Tuesday (term time only)

⌚ 10.30am-11.30am

📍 South Bristol Sports Centre, West Town Lane, BS14 9EA

£ £4 (including tea and coffee afterwards)

👤 Mark Reynolds

M: 07557 477035

E: mark.reynolds@bcfc.co.uk



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### Walking Football (Withywood)

A slower paced game to normal football which enables participants of any age to be active and play.

📅 Thursday ⌚ 10am-11am

📍 Merchants Academy Sports Centre, Molesworth Drive, Withywood, BS13 9BJ £ £2

👤 Mark Reynolds

M: 07557 477035

E: mark.reynolds@bcfc.co.uk



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### Walking Hockey

A slowed down version of the game, designed for anyone looking to exercise in a relaxed, supportive and friendly environment.

📅 Wednesday

⌚ 12.30pm-1.30pm

📍 The Park Centre, Daventry Road, Knowle, BS4 1DQ

£ £4.50 (first session £3.50)

👤 Cressida Childs T: 0117 939

1672 M: 07808 581739

E: c.childs@blueyonder.co.uk





## Walking Netball

A slowed down version of the game, designed for anyone looking to exercise in a relaxed, supportive and friendly environment.



📅 Thursday 🕒 11am-12noon

📍 Hengrove Park Leisure Centre, Hengrove Promenade, Hengrove Park, Hengrove, BS14 0DE £ £3.50

📞 Cressida Childs T: 0117 939 1672 M: 07808 581739  
E: c.childs@blueyonder.co.uk



## Walking Rugby

A fully non-contact version of the game played at walking pace. Competitive team activity for men and women of all abilities.

📅 Monday 🕒 10am-11.30am

📍 Broad Plain Rugby Club, St John's Lane, Bedminster, BS3 5AZ £ £4 (first session free)

📞 Broad Plain Pioneers Walking Rugby Group  
E: nick.wr@btinternet.com



## Walking Tennis (Ashton)

A slower version of the game and is great for exercise in a relaxed, supportive and friendly environment.

📅 Monday 🕒 9.30am-10.30am

📍 Greville Smyth Park, Ashton Road, Ashton, BS3 2EA £ £4

📞 Helen Abbott, LTA  
M: 07872 945664 or  
M: 07411 263207  
E: info@walkingtennis.org  
W: www.walkingtennis.org



## Walking Tennis (Knowle)

A slower version of the game and is great for exercise in a relaxed, supportive and friendly environment.



📅 Friday 🕒 10am-11am

📍 Knowle Tennis Club, Wells Road, Knowle, BS4 2QN £ £4

📞 Helen Abbott, LTA  
M: 07872 945664 or  
M: 07411 263207  
E: info@walkingtennis.org  
W: www.walkingtennis.org



## Women's Walking Football

A slower paced version of the beautiful game and a perfect way to start being active. Whether you have played before or not, you'll enjoy playing in a fun and welcoming environment.

📅 Monday 🕒 10.30am-11.30am

📍 Windmill Hill City Farm, Philip Street, BS3 4EA £ £3

👤 Mark Reynolds  
M: 07557 477035  
E: mark.reynolds@bcfc.co.uk



## Water-based

For your nearest water-based activities, see 'Inner City and East Bristol' page 22.

## Yoga/Meditation

### Chair Yoga

Yoga exercises especially for over 50s with mobility concerns. Call to register your interest and to find out more.

📅 Wednesday 🕒 2pm-3pm

📍 St Cuthbert's Church, Sandy Park Road, Brislington, BS4 3PG

£ £3 👤 M: 07825 548884



## Yoga

Yoga class with Pauline. Open for all to attend.

📅 Thursday 🕒 7.15pm-8.15pm

📍 St Anne's Church Hall, Langton Road, Brislington, BS4 4ER

£ Cost £7/Five classes for £25

👤 Pauline – M: 07778 952662



### Yoga for over 50s

These gentle classes are specially designed for the mature body. We will slowly and carefully build movement, mobility and strength using ground mats.

📅 Tuesday 🕒 1.30pm-2.30pm

📍 St Anne's Church Hall, Langton Road, Brislington, BS4 4ER £ £3

👤 M: 07825 548884



### Yoga for over 55s

Non aerobic form of exercise to develop flexibility, strength and balance.

📅 Thursday (term time only)

🕒 11.30am-12.30pm

📍 Hengrove Community Centre, Fortfield Road, BS14 9NX £ £4

👤 T: 0117 305 2365



## Zumba

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### Chair Zumba

Zumba Gold seated class for those with cognitive and mobility special needs. Class gets very busy - call for availability.

📅 Tuesday 🕒 11.10am-12noon

📍 Bristol Community Links South, Langhill Avenue, Knowle, BS4 1TN £ £2.50

📞 T: 0117 377 2720



### Zumba Gold

Zumba Gold is specially designed for over 50s. Great exercise.

📅 Tuesday 🕒 11.30am-12.25pm

📍 Hungerford Community Centre, Hungerford Road, Brislington, BS4 5EX £ £4

📞 M: 07825 548884



### Zumba Gold

High energy world dance inspired routines to great music, but low impact. Bring water and a sense of humour.

📅 Wednesday 🕒 11am-11.45am

📍 United Reformed Church Hall, Stanley Street South, Bedminster, BS3 3PG £ £4

📞 Marie Clifford – T: 0117 963 4104  
E: bristoldancezumba@gmail.com



### Zumba Gold

A fun, lower impact Zumba dance fitness class inspired by dances and music from all over the world. Wear comfortable clothes.

📅 Friday 🕒 10am-10.45am

📍 United Reformed Church Hall, Stanley Street South, Bedminster, BS3 3PG £ £5

📞 Kate – M: 07988 787710



## Zumba Gold for over 50s

A Zumba class for those who have difficulty standing or walking for long periods of time. Chair-based dance fitness class.

📅 Wednesday

🕒 1.30pm-2.30pm

📍 The Southville Centre,  
Beauley Road, Southville,  
BS3 1QG

£ Free

📞 T: 0117 923 1039

E: ruth.green@bs3community.org.uk



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## Zumba Gold in the chair for over 55s

For those with limited mobility. Have some fun and keep fit to zesty music.

📅 Thursday 🕒 4.30pm-5.30pm

📍 Monica Wills House,  
Cromwell Street, Bedminster,  
BS3 3NH

£ £3 📞 Marie Clifford

T: 0117 963 4104

E: bristoldancezumba@gmail.com



## Zumba Gold Toning

Fun resistance workout for 50+ beginners and returners to exercise. Use maraca-like Zumba toning sticks to enhance rhythm, build strength and tone.

📅 Monday 🕒 10am-11am

📍 United Reformed Church  
Hall, Stanley Street South,  
Bedminster, BS3 3PG

£ £5

📞 Kate – M: 07988 787710



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## Zumba Gold Toning

Use maraca-like Zumba toning sticks to enhance rhythm, build strength and tone the arms, abs and legs. Only for active healthy older adults.

📅 Thursday

🕒 10.30am-11.15am

📍 United Reformed Church Hall,  
Stanley Street South,  
Bedminster, BS3 3PG

£ £5

📞 Marie Clifford

T: 0117 963 4104

E: bristoldancezumba@gmail.com





# Walking for Health Bristol

There are over 30 Bristol health walk groups which are part of a national initiative, 'Ramblers Walking for Health'.

To find your nearest health walk group offering free, short, regular, led walks visit the website below and use the postcode 'walk finder':

[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

Alternatively, contact one of the scheme coordinators below:

## North and West Bristol

- Scheme: **St Monica Trust**  
Scheme coordinator:  
**Dan Lewin**  
Contact: T: 0117 305 3265  
E: [dan.lewin@stmonicastrust.org.uk](mailto:dan.lewin@stmonicastrust.org.uk)
- Scheme: **The Downs Walking for Health Group**  
Scheme coordinators:  
**Jeff and Tim**  
Contact: **Jeff - M: 07985 024650** or E: [downs-wfh@avon-ramblers.org.uk](mailto:downs-wfh@avon-ramblers.org.uk)

## South Bristol

- Scheme: **Hengrove Park Leisure Centre**  
Scheme coordinator:  
**Naomi Button**  
Contact: T: 0117 937 0200  
E: [hengrove.referral@parkwood-leisure.co.uk](mailto:hengrove.referral@parkwood-leisure.co.uk)
- Scheme: **Knowle West Health Park**  
Scheme coordinator:  
**Laura Hathaway**  
Contact: T: 0117 377 2255  
E: [lhathway@knowlewesthealthpark.co.uk](mailto:lhathway@knowlewesthealthpark.co.uk)

# Leisure Centres and Swimming Pools

## **Bristol South Swimming Pool**

Dean Lane, Bedminster,

BS3 1BS

0117 903 1618

[www.everyoneactive.com](http://www.everyoneactive.com)

## **Brunel Fitness Centre**

Speedwell Road, Speedwell,

BS15 1NU

0117 377 0098

[www.brunelfitness.co.uk](http://www.brunelfitness.co.uk)

## **Easton Leisure Centre**

Thrissell Street, Easton,

BS5 0SW

0117 955 8840

[www.everyoneactive.com](http://www.everyoneactive.com)

## **Henbury Leisure Centre**

Avonmouth Way, Henbury,

BS10 7NG

0117 353 2555

[www.everyoneactive.com](http://www.everyoneactive.com)

## **Hengrove Park Leisure Centre**

Hengrove Park, Hengrove,

BS14 0DE

0117 937 0200

[www.leisurecentre.com](http://www.leisurecentre.com)

## **Horfield Leisure Centre**

Dorian Road, Horfield, BS7 0XW

0117 903 1643

[www.everyoneactive.com](http://www.everyoneactive.com)



## **Jubilee Swimming Pool**

Jubilee Road, Knowle, BS4 2LP

0117 304 8180

[www.leisurecentre.com](http://www.leisurecentre.com)

## **Kingsdown Sports Centre**

Portland Street, Kingsdown,

BS2 8HL

0117 903 1633

[www.everyoneactive.com](http://www.everyoneactive.com)

## **Portway Rugby Development Centre**

The Portway, Sea Mills, BS9 2HS

0117 363 4204

[www.leisurecentre.com](http://www.leisurecentre.com)

## **South Bristol Sports Centre**

West Town Lane, BS14 9EA

0117 903 8681

[www.southbristol-sportscentre.co.uk](http://www.southbristol-sportscentre.co.uk)

## **St Paul's Community Sports Academy**

Newfoundland Road,

St Paul's, BS2 9NH

0117 377 3405

[www.everyoneactive.com](http://www.everyoneactive.com)

**Get invites to local events, discounts and special offers by joining Friends Ageing Better.**

## **Get your FREE FAB Membership Card!**

**Offers include:** Bristol Old Vic and SS Great Britain Tours, discounts in local shops, restaurants and cafes, invitations to Catch-Up Cafes...

**... and much more!**

To join call us on 0117 440 4301 or visit [www.ageukbristol.org.uk](http://www.ageukbristol.org.uk) to receive your FAB Membership Card in the post!



FAB Membership is FREE and open to anyone 50+ living in Bristol.



Age UK Bristol Registered Charity Number: 1042548



## **Well Aware**

Be connected, be informed, be well



the care forum

**Are you an activity provider? Would you like to feature in the next directory or on the Well Aware website?**

If so, it's free to register visit [www.wellaware.org.uk](http://www.wellaware.org.uk) or call the free phone helpline on **0808 808 5252**.

## Further information

For further details about any of the activities listed in this directory, please visit [www.wellaware.org.uk](http://www.wellaware.org.uk) or call the free phone helpline on **0808 808 5252**.

**Well Aware** is your online guide to health and wellbeing activities, groups, events and organisations in Bristol.



@WellAwaresouthwest



@WellAware\_TCF

To find out more about **Active Ageing Bristol** visit [www.activeageingbristol.co.uk](http://www.activeageingbristol.co.uk)



@ActiveAgeingBristol



@ActivAgeingBris

## Acknowledgements

This directory has been produced by Active Ageing Bristol in partnership with The Care Forum and Well Aware with funding from Bristol Ageing Better and Bristol Health Partners.



**Bristol Health  
Partners**

