

EXERCISE CLASSES FOR AGES 50+ in RUGBY

September 2019



Week At A View – full details (times, charges, contact information) on pages 2-6

<p>Mondays Aerobics (Seniors), 50+ Badminton Club and Water Workout at Queen's Diamond Jubilee Centre Movement to Music in Betts Hall at Claremont Centre Tai Chi in Betts Hall at Claremont Centre Hatha Yoga at Overslade Community Centre (Strength and Conditioning for Rugby Parkinsons Disease Society only)</p>	<p>Tuesdays Exercise for Older Adults run by Percival Guildhouse (two classes held in Rugby Methodist Church Centre) Dance Aerobics and Water Workout (evening) in Queen's Diamond Jubilee Centre (Exercise Class for Rugby Parkinsons Disease Society only) Zumba Gold in Brownsover Community School (evening) Age UK Fitness in Wolston Leisure Centre Yoga in Betts Hall at Claremont Centre</p>
<p>Wednesdays Seated Keep Fit at Hoskyn Centre 50+ Keep Fit Exercise Class, Overslade Community Centre Dementia Exercise Class in Wolston Leisure Centre Beginners' line dancing & Scottish Dancing in Betts Hall at Claremont Centre Zumba (Senior) Class & Better Get Together at Queen's Diamond Jubilee Centre Walking Football, Claremont Centre</p>	<p>Thursdays Better Mind exercise class (Dementia), Queen's Diamond Jubilee Centre New Bilton Boccia Babes in Dryden Place (evening) Power Pump and Water Workout (55+ Classes) at Queen's Diamond Jubilee Centre Tai Chi Chair Exercise, Claremont Centre Archery & crossbow at Queen's Diamond</p>
<p>Fridays Dementia Exercise Class in Wolston Leisure Centre Line Dancing & Tai Chi (two different groups) in Betts Hall at Claremont Centre Power Stretch (Senior) Classes at Queen's Diamond Jubilee Centre</p>	<p>Saturdays None</p> <p>Sundays None</p>
<p>OTHER Rugby U3A (University of the Third Age): various activity groups on different days of week Warwickshire Fire and Rescue Service: free seated exercise classes for groups & provide information on how to stay safe and well within the home. Warwickshire Fire & Rescue Service Community Fire Safety: 024 7631 4376 or cfs@warwickshire.gov.uk</p>	

Exercise Class Activity Group (A-Z)	Venue, Day and Time	Contact Details and Other Information
Aerobics (Senior) Class	Queen's Diamond Jubilee Centre, Bruce Williams Way, CV22 5LJ Monday 9.30am – 10.25am Monday 10.30am – 11.25am	Email Alexandra.Lilley@gll.org Call the centre on 01788 565369
Age UK Fitness	Wolston Leisure and Community Centre, Old School Fields, Manor Estate, CV8 3PD. 10.30am – 11.30am Tuesdays	For more information, contact Debbie Wilson, on 02476 541212 Email sport@wolstonlcc.f9.co.uk
50+ Badminton Club	Queen's Diamond Jubilee Centre, Bruce Williams Way, CV22 5LJ Mondays, Thursdays, Fridays 10am – 12 noon	Email Alexandra.Lilley@gll.org Call the centre on 01788 565369
Better Mind Group Exercise Class <i>Referral only class – all participants would need to be referred by a healthcare professional to attend</i>	Queen's Diamond Jubilee Centre, Bruce Williams Way, CV22 5LJ Thursdays 2pm – 3pm	<u>REFERRAL ONLY</u> First session free then £2.40 per session. Carers free. No need to book, just turn up. Email Philip.hanrahan@gll.org Call the centre on 01788 435585 ext 209
Better Get Together (55+) Drop-in darts, table tennis, bowls , badminton	Queen's Diamond Jubilee Centre, Bruce Williams Way, CV22 5LJ Wednesday 10am – 12am	Email Philip.hanrahan@gll.org Call the centre on 01788 565369
Dance Aerobics 55+ Class	Queen's Diamond Jubilee Centre, Bruce Williams Way, CV22 5LJ Tuesday 10.40am – 11.35am	Email Alexandra.Lilley@gll.org Call the centre on 01788 565369
Dementia Exercise Class drop-in	Wolston Leisure and Community Centre, Old School Fields, Manor Estate, CV8 3PD. Wednesdays and Fridays, call in between 1pm and 3pm	For more information, contact Debbie Wilson, on 02476 541212 Email sport@wolstonlcc.f9.co.uk

Exercise Class or Activity Group (A-Z)	Venue, Day and Time	Contact Details and Other Information
Exercise and Strength and Conditioning for Rugby Parkinsons Disease Society members and their carers (only)	Held in Claremont Centre , Clifton Road, CV21 3QE. Strength and Conditioning on Mondays 12.15pm – 1.15pm Exercise on Tuesdays 12 noon – 1pm	See http://www.parkinsons.org.uk/content/rugby-branch-events Contact Helen Old on 0344 2253674 Email vc.west4@parkinsons.org.uk
Exercise for Older Adults	Run by Percival Guildhouse Adult Education Centre and held in Rugby Methodist Church Centre , Russelheim Way, CV22 7TB Tuesday 10.30am – 11.30am Tuesday 11.30am – 12.30pm	See The Brochure at www.percival-guildhouse.co.uk 8 sessions for £43.00 or 11 concession (see p16 page in The Brochure for details)
Hatha Yoga	Overslade Community Centre , Buchanan Road, CV22 6AZ Gentle Hatha Yoga - Mondays 9.30-11am term time only Mixed Level Hatha Yoga – Mondays 11.15am to 12.30pm (more challenging), term time only	£10 block booking or £13 casual drop-in £5 (reduced price for community)
Line Dancing	Betts Hall, Claremont Centre , Clifton Road, CV21 3QE Wednesdays 2pm – 3pm (for beginners) Fridays 2pm – 3pm	£2 per session Contact Kathy Young, Centre Manager, on 01788 513171
Movement to Music (keep fit including some seated exercise)	Betts Hall, Claremont Centre , Clifton Road, CV21 3QE Mondays 10am – 11am	£3 per session Contact Kathy Young, Centre Manager, on 01788 513171
New Bilton Boccia Babes (seated bowls)	In Common Room at Dryden Place , CV22 7BN. Off Addison Rd (Lawford Road end) via Pope St Thursdays 7pm – 9pm	Includes tea/coffee for 30p per session Contact Carol Joiner by emailing jcjoiner@talktalk.net

Exercise Class or Activity Group (A-Z)	Venue, Day and Time	Contact Details and Other Information
Overslade 50+ Keep Fit Class	Overslade Community Centre , Buchanan Road, CV22 6AZ Wednesday 11am – 12 noon	Or Overslade Community Centre on 01788 573640 or email ocamanager@hotmail.co.uk
Power Pump 55+ Class	Queen's Diamond Jubilee Centre , Bruce Williams Way, CV22 5LJ Thursday 9.30am – 10.45am	Email Alexandra.Lilley@gll.org Call the centre on 01788 565369
Power Stretch	Queen's Diamond Jubilee Centre , Bruce Williams Way, CV22 5LJ Friday 8.15am – 9.15am	Email Philip.hanrahan@gll.org Call the centre on 01788 435585 ext 209
Rugby U3A (University of the Third Age for retired people)	Various activity groups including: Circle Dancing – URC, Hillmorton Road First Tuesday and third Monday, 10.30am – 12 noon Ten Pin Bowling – Crosspoint Business Park, Coventry First Monday and third Wednesday, 2pm – 4pm Plus Amblers on the last Tuesday of the month from 10.30am at various locations; Walking Ramblers on the first Thursday of the month and second Wednesday of the month at various locations; Walking long-distance footpaths on the third Thursday of the month at various locations; Canals on the fourth Thursday of the month at various locations; and cycling, at various locations on a frequent basis.	More information about Rugby U3A is available at info@u3arugby.org.uk Membership is £11 per year with a small charge for refreshments during activities. Website: www.u3arugby.org.uk E-mail: membership@u3arugby.org.uk Call: Jenny Sinfield on 02476 542236
Scottish Dancing	Betts Hall, Claremont Centre , Clifton Road, CV21 3QE Wednesdays 7.30pm – 9.00pm	Contact Kathy Young, Centre Manager, on 01788 513171

Exercise Class or Activity Group (A-Z)	Venue, Day and Time	Contact Details and Other Information
Seated Keep Fit	Hoskyn Centre , Hamilton House, 12 Bilton Road, CV22 7AB Wednesdays at 11am	Led by a qualified instructor; age and ability appropriate, cost £3. Contact Irene Moore on 01788 542397
Tai Chi	Betts Hall, Claremont Centre , Clifton Road, CV21 3QE Mondays 2pm – 3pm (Chinese Health Exercise) Thursdays 12.30 – 1.30pm (Tai Chi chair exercise) Fridays 10.30am – 11.30am (Wild Goose Health Qigong)	£7 per session (1 st class is free) Contact Kathy Young, Centre Manager, on 01788 513171 Or Christian Edwards, teacher, on 01788 565412
Water Workout 55+ Class	Queen's Diamond Jubilee Centre , Bruce Williams Way, CV22 5LJ Mondays 10.05am – 10.55am Tuesday 7pm – 7.55pm Thursday 10.05am – 10.55am	Email Alexandra.Lilley@gll.org Call the centre on 01788 565369
Walking Football	Betts Hall, Claremont Centre , Clifton Road, CV21 3QE Wednesday 10.30am – 11.30am	£1 for refreshments Contact Kathy Young, Centre Manager, on 01788 513171
Yoga	Betts Hall, Claremont Centre , Clifton Road, CV21 3QE Beginners Tuesday 6.00pm – 7.00pm Advanced Tuesday 7.00pm – 8.30pm	Contact Kathy Young, Centre Manager, on 01788 513171 Beginners £6.00 per session Advanced £7.50 per session
Zumba (Senior) Class	Queen's Diamond Jubilee Centre , Bruce Williams Way, CV22 5LJ Wednesday 10.40am – 11.35am Friday 10.40am – 11.35am	Email Alexandra.Lilley@gll.org Call the centre on 01788 565369
Zumba Gold	Brownsover Community School Webb Drive, Rugby CV23 0UP Tuesday 6.20pm – 7pm	£2.50 per class. Contact Kim from KPDANCEFIT on 07866 520860; Email kpdancefit@hotmail.com

This list was first compiled by the community development team of Warwickshire County Council in Rugby after the Get Together for Older People's Group Leaders and Workers in Rugby in March 2016 to follow up on the chosen Falls Prevention topic. Thank you to all who sent information for inclusion. If you are aware of any amendments or additions to the list, please do let us know by emailing cdwrugby@warwickshire.gov.uk or calling 01788 533656.

*****Please consult a health professional before undertaking exercise to ensure the activity is suitable for you*****

These leaflets provide useful information about local organisations, groups and agencies that provide activities, advice, and services which may support you. We provide the information for you in good faith and make every effort to keep it accurate and up to date but we cannot guarantee this and so it is your responsibility to check the accuracy of the information before use. Some of the information may be provided by a third party or have links to external sites. We are not responsible for this content and, again, you need to satisfy yourself that the information is correct.

The Community Development Team produces other information leaflets and posters which may be of interest...

Drop-ins for information, advice or support in Rugby

Photo leaflet updated in January, May and September

Lunch clubs, community cafes & coffee mornings in Rugby

Photo leaflet updated in spring, summer, autumn and winter

Job clubs and more in Rugby (Leaflet updated annually)

Suggested speakers for older people's groups in Rugby (List updated annually)

Social groups for ages 50+ in Rugby (Leaflet updated annually)

Mental health and wellbeing support in Rugby

Information sheet for communities and frontline workers, updated annually

Connect with English in Rugby

(Details of ESOL providers in Rugby, updated annually)

Activities and support for people living with dementia in Rugby

Information leaflet covering activities and support, updated annually

***These leaflets and posters can be downloaded from our website
www.warwickshire.gov.uk/rugbyareainformation***

Please email cdwrugby@warwickshire.gov.uk if you would like to sign up for any of our email information bulletins:

- **Community Information Update** (six-weekly bulletin)
- **Welfare Reform Resources** (fortnightly welfare topics)
- **Family Support** (children, young people and family information five times per year)
- **Older People's Bulletin** (three times per year)
- **Sustainability & Food** (sustainability & community food initiatives, three times per year)