Fitness and Friendship Guide

Information, activities and support for living well in Gloucester

GLOUCESTER 2026

It is updated on a monthly basis and to the best of our knowledge, it is accurate.

We are not responsible for any inaccuracies.

Please send any updates or new listings to bbaker@ageukgloucestershire.org.uk

Link to AUKG Guide To Later Life: aukgl8_web-with-hyperlinks.pdf

AUKG PAN Wellbeing Fund Application This offers small grants of up to £200 to help people access activities, services, or equipment where the cost of participation, clothing or equipment may otherwise be a barrier	PAN_Wellbeing_Grant_Referral_Form.docx

Fitness and Friendship Providers		
Jon French	Fitness classes Fit for Life | NHS Recognised Over 50s Fitness Classes | Gloucestershire	Fit for Life Gloucestershire about
Stuart Langworthy	Inclusive Walking Football Abbeymead Community Centre Abbeymead Rovers - WFA PIRATE'S Walking Football Parkinson's, Heart, Stroke, MS, Joint replacement, diabetes, recovering from injury, or any other long term health condition?? Free for the first 3 weeks £4 a week thereafter	Woman's Walking Football poster.pdf Walking Football General poster-V1.pdf Physical Interaction Recuperation And Tra
Darren Nestola	Inclusive Boccia offered in care homes and group spaces Inspire Inclusion Sports	
Moving Matters with Kate	Over 50's exercise class led by physio and L3 trainer Hartbury; Churchdown Community Centre; Apperley and Sandhurst	Moving Matters with Kate.pdf
Dan Fivey	Home visits and fitness classes GetFitWithDanFivey	Dan Fivey Flyer PDF.pdf
NHS Classes	Balance_and_Stability_Classes_Gloucester_15_mAY1.pdf	
Blanche McCalla group	Seated exercise Wednesday 1030 to 1130	ebony.carers@gmail.com All Nations Community Centre - just off Eastern Avenue All Nations Community Centre | Gloucester | Facebook
Ellie Stafford Yoga	Home - Ellie Stafford Yoga Suitable for senior citizens with mobility issues. Classes in Longlevens, Brockworth Hucclecote Churchdown	mob: 07801 653862. ellie@elliestaffordyoga.co.uk £7 for a taster class. Drop-ins welcome. Blocks of 5 or 10 classes available.
Glos City Cycling Club	Gloucester City Cycling Club - Over 125 years of Cycling	Application - Gloucester City Cycling Club
Sportily	Sports Sessions for Adults | Sportily	Operating across Gloucestershire in partnership with the Diocese of Gloucester, schools, churches and other organisations

Zumba with Regina	Schedule and Locations Churchdown, Abbeymead, Abbeydale & Hucclecote	tel:07704600583 zumbawithregina@yahoo.co.uk £6.50 on the door other options available
Gloucester Cathedral	Mental Health and Wellbeing | Gloucester Cathedral Walking rugby; gardening; photography;	01452 528095. reception@gloucestercathedral.org.uk
Goals Beyond Grass	Calendar – Goals Beyond Grass Promoting inclusive physical and social activities throughout Gloucestershire	
Health Life Fitness	Lifestyle health & fitness service - Health Life Fitness %	Tel: 07306 334222 Email: ian@healthlifefitness.org
Men Walking and Talking Cheltenham and Cirencester	Gloucestershire - Men Walking & Talking	
Artlift	Join Black Kings – mental health and wellbeing circle! - Artlift	Apply via link or call office@artlift.org / 01452 222 726
Gloucestershire Outdoor Group	Walks Archives - Gloucestershire Outdoor Walking Group	
Park Runs Gloucester	home | parkrun UK	Park runs and Park walks in Gloucester
Glos Cricket Foundation	Walking Cricket | Gloucestershire Cricket Foundation	
The Greenwood Foundation	Free and accessible walks around Gloucestershire The Greenwoods Foundation CIC	GWF Green Walks.pdf
Just Row	JRG	Gloucester Boat house David Hook Way GL2 5LL Tel: 07753384926 Email: info@justrowglos.co.uk
VM Yoga and Breathwork	VM Yoga & Breathworks | Cheltenham New classes coming in Gloucester for Breathe, Balance and Bend	vmyogaandbreathworks@outlook.com

Pedal Together	Free bikes for residents of Podsmead, Barton and Tredworth	Pedal-Together-Gloucester-Flyer-Final.pdf
Open Arms Collective	Dementia Friendly Group Creative Age — Open Arms Artist's Collective	Creative Age Dementia Friendly Gr
Association of Ukrainians in Great Britain	37-38 Midland Rd, Gloucester, United Kingdom, GL1 4UL (5) Gloucester AUGB Branch	Association of Ukrainians in Great Britain Gloucester Branch | Facebook
Mindsong Across Gloucestershire	Music Therapy for people living with a dementia, respiratory illness or long term health condition Home - Mindsong	
Kingfishers Treasure Seekers Hub 52 Westgate St Gloucester	Kingfisher Treasure Seekers – Be the best you!	KTF bingo.pdf KTF art&craft.pdf KFT singing together.pdf KFT line dancing.pdf KFT dancercise.pdf KFT coffee karaoke.pdf
Gloucestershire Wildlife Trust	Events | Gloucestershire Wildlife Trust	info@gloucestershirewildlifetrust.co.uk 01452 383 333
Gloucestershire Deaf Association	GDA | Deaf Activities | Events, Clubs | Gloucestershire	01452 372999 admin@gda.org.uk GDA,Colin Road,Barnwood,GL4 3JL

The Cavern	10:00- 23:00 The Cavern | Gloucester | Facebook	Mondays to Saturdays. Sunday 12-23:00. Safe place for Coffee, live music and games. Kingfisher Treasurer seekers.
Friendship Café	Activities | The Friendship Cafe	Chequersbridge Centre, Painswick Rd, GL4 6PR Tel. 01452 308127 (Main Office) Email: info@thefriendshipcafe.com
Gloucestershire Libraries	Events this month | Gloucestershire Libraries	
Glos Community Rail Partnership	LEISURE TRAILS | Gloucestershire Community Rail Partnership	Provides free maps and details for wellbeing walks
Mens Shed	Home	Shedquarters, Waterwells Park & Ride, QuedgeleyGL2 2AB.
Charcot Therapy Centre	Exercise Therapy class, functional and neurologically informed from £7 Therapies | The Charcot Therapy	Charcot Therapy Menu.pdf 71-75 Frampton Road, GL1 5QB 01452 419 246 hello@thecharcot.org.uk

	Exercise on Referral Programmes	
Freedom Leisure Centres	GL1 time table: Timetables | Freedom Leisure Blackbridge time table: Timetables | Freedom Leisure Oxtalls time table Timetables | Freedom Leisure	Freedom Leisure Exercise Referral FORI GL1 exercise referral A4.pdf Link to Free 7 day Pass: Ready to Get Active?
Nuffield Health Gloucester	Long-Term Conditions Programme Transform your health today with our FREE 24-week structured exercise programme at select Nuffield Health sites and community venues. Our clinically trained Rehabilitation Specialists will develop a structured exercise programme tailored to help address your symptoms and support your overall health and wellbeing.	Long-Term Conditions Programme | Nuffield Health

Online Options

- Jimsgym Online: Online Fitness & Wellbeing for Older Adults | Jim's Gym
- Link to the AUKG Act Now Age Better campaign: Ready to Get Active?
- Link to PDF of 5 minute exercises for people living with disability: Five in Five - A 5 Minute Mini-Workout
- Link to the printable resources for Fall Proof Strength and Balance Plan that people can use in their own home or as part of a group activity: Fall Proof | we can move
- Link to We are Undefeatable: Be More Active Whilst Living With A Health Condition

Gloucester Community Centres

Community Centre	Area	Contact Number	Website / Information
Elmscroft Community Centre	Barnwood	01452 412975	https://www.elmscroftcentre.org
All Nations Community Centre	Eastern Avenue	01452 526700	Community centre and event venue All Nations Community Centre | Gloucester | Facebook
Hucclecote Community Centre	Hucclecote	01452 616289	76 Hucclecote Road, GL3 3RT Welcome to Hucclecote Community Association - Hucclecote Community Association
GL3 Community Hub	Hucclecote / Churchdown	01452 715058	Community hub and café Cheltenham Road East, GL3 1HX What's On | GL3 Community Hub
Podsmead Community Association	Podsmead	01452 528300	62 Milton Avenue, Podsmead Podsmead Community Association | Gloucester | Facebook
The Redwell Centre	Matson	01452 530227	Redwell Road, GL4 6JG Together in Matson
The Friendship Café	Barton Street	01452 308127	Chequersbridge Centre, Painswick Rd GL4 6PR The Friendship Cafe | We provide youth & community based activities
Churchdown Community Centre	Churchdown	01452 712553	Regular Community Groups | Churchdown Community Centre
Longford Hall	Longlevens	07843 772627	Clubs & Events | Longford Village Hall
Longlevens Community Centre	Longlevens	01452 530570 or Natalie on 07809205775 (7 Days a week)	What's On – Longlevens Community Association
The Ramblers Podsmead	Podsmead	07943 817847	The Ramblers Club | Gloucester | Facebook 62 Milton Avenue, Podsmead

Sports Clubs and Leisure Centres

Provider	Address	Postcode	Session Dates/Times	Phone	Contact
Leisure Centres					
GL1 Leisure Centre	Bruton Way, Gloucester	GL1 1DT	Daily (varied timetable)	01452 396666	GL1 Leisure Centre - Gloucester | Freedom Leisure
Blackbridge Leisure Centre	Laburnum Way Podsmead	GL1 5PG	Daily (varied Timetable)	01452 946069	Blackbridge Community and Sports Hub | Freedom Leisure
Oxstalls Sports Park	Tewkesbury Road Longford	GL2 9DW	Daily (varied Timetable)	01452 396969	Oxstalls Sports Park | Outdoor and Indoor Sports, Soft Play and Venue Hire in Gloucester | Freedom Leisure | Freedom Leisure
Riverside Sports and Leisure Club	St Oswald's Road	GL1 2TF	6am to 10pm	01452 413214	RIVERSIDE SPORTS & LEISURE CLUB GLOUCESTER | About the club | Gym | Fitness
Civil Service Sports Club	Estcourt Road	GL1 3LG		01452 528317	Tennis, cricket, football cssc.co.uk
Nuffield Health	Centre Seven Barnwood	GL4 3HR	Varied	01452 634 444	Gym in Gloucester, Fitness & Wellbeing | Nuffield Health
The Padel Club	Peel Centre Gloucester			01452 491 004	Gloucester Quays - The Padel Club
Swimming					
Gloucester City Swimming Club	GL1 Leisure Centre, Bruton Way	GL1 1DT	Evenings & weekends	Website	www.gloucestercityswimmingclub.co.uk
Gloucester Masters Swimming	GL1 Leisure Centre, Bruton Way	GL1 1DT	Evenings	Website	www.gloucestermasters.com
Nuffield Health	Centre Seven Barnwood	GL4 3HR	Varied	01452 634 444	Gym in Gloucester, Fitness & Wellbeing | Nuffield Health

Martial Arts					
Dragon Martial Arts	Unit 2 Francis Woodcock Estate	GL1 4JD	Evening classes	07529 211688	www.dragonmartialarts.uk
The Vault Gym	Southgate House, Southgate St	GL1 1UB	24/7	01452 492403	www.thevaultgym.co.uk
Top Team MMA	Gloucester (central)	GL1	Daily classes	Website	www.topteammma.co.uk
Kicx Martial Arts	49A London Rd	GL1 3HF	Evenings	01452 311138	Facebook kicxgloucester
Gracie Barra Gloucester	Constitution House, Bell Lane	GL1 1TH	Daily classes	07973 740295	Facebook mbruton@gbgloucester.com
Rugby					
Gloucester Old Boys RFC	Myers Rd	GL1 3QD	Weekends & evenings	01452 302390	gobrfc.com
Spartans RFC	79a Sebert St	GL1 3BS	Weekends & evenings	01452 386005	Pitcher.com
Cricket					
Glos CC	The Pavilion Spa Road	GL1 1UY	Weekends & evenings	01452 303204 / 07903823922	crispin.shingler@gloucestershirecricketfoundation.org.uk
Bowls					
Glos. City Bowls Club	Spa Road	GL1 3JB		01452 502205	glosspabowls.info@btinternet.com
Pineholt Bowls Club	(Club) Bird Road Hucclecote Gloucester Gloucestershire	GL33SN		01452 372649	Pineholt Bowls Club, Hucclecote, Gloucester
Badminton					
GL1		GL1 1DT	Monday	1900 to 2100	www.gloucesterbadminton.club

Mondays	Time	Place
50 + Seated Exercise Class with Dan Fivey Free & refreshments afterwards	12.00 -13.00	Kingsholm Rugby Stadium Over 50s seated excercise class.pdf
Dementia Support Group Free - every second Monday of the month	13.00 to 15.00	Kingsholm Rugby Stadium Still Us Dementia Support Group.pdf
Chair Yoga with Sarah Abbeymead Community Centre GL4 4BL Gentle chair based yoga with breath work	11.15 to 12.00	Contact Sarah on 07727 362388 Chair Yoga with Sara Hasan.pdf
Walking Rugby https://gloucestercathedral.org.uk/cathedral/social-responsibility/wellbeing	9:30- 10:30	GL1 2EX(outside Ivor Gurney Hall) 01452 528095 reception@gloucestercathedral.org.uk
Severnside Knit/Crochet and Natter	10:30 – 12:30	Severnside Medical Practice, Quayside House, Quay Street, Gloucester GL1 2JB.
Arts and activities	11:00- 14:00	Inclusion Gloucestershire at Quakers Meeting House, off Southgate Street, Gloucester. A5-Booklet-Inclusion-Hubs-v2-with-WWH.pdf
Walking Group- Every 1st Monday	10:00- 11:30	Meet outside Shire Hall, Westgate Street, Gloucester. Hosted by CCP **Telephone:**07593446943 **Email:**samantha.dainty@ccp.org.uk
Westgate Community Corner	11:30 -16:00	Pop Up Cafe and Food Pantry. Community Roots CIC – communityrootscafe@gmail.com
chatty café at Classico Coffee Café Quedgeley	10.00 to 12.00	Free – organised by Social Prescriber Pavillion Surgery
Walking Group Quedgeley	5.30pm to 6.30pm	Starting from Quedgeley Medical Centre Walking Group – Quedgeley Medical Centre
Running Group	18:30 start	Meet at War Memorial on Trier Way, by Gloucester Park.
This is me Dance Community - Term Time Feel-good dance £8 per person	6.30 to 7.15pm	This is Me Dance Community - BOOK YOUR SPACE!!! City Works, Alfred Street, Tredworth. GL1 4DF
Treasure Seekers Hub	1030 -2015	118 Eastgate St, GL1 1QT Pop in for activities sheet
Robinswood Hill	1100 to 1230	Relaxed walking group | Gloucestershire Wildlife Trust Alongside the café building at Robinswood Hill
Hucclecote Community Centre	1400-1500 2015 - 2215	Pilates Guy - £14 Book Sessions | The Pilates Guy Badminton - £3 per session 01452 610866
Seated Fitness & Fun Based on yoga,	10am to 11am	Churchdown, suitable for senior citizens with mobility issues. Free on-site parking. ellie@elliestaffordyoga.co.uk, mob: 07801 653862. http://www.elliestaffordyoga.co.uk

Tuesdays	Time	Place
Walking Football	9:30-10:30	GL1 Leisure Centre, Bruton Way, Gloucester. Male and Female welcomed. Hosted by CCP
Seniors Coffee Mornings	10:00- 13:00	The Raven Centre, Hare Lane, Gloucester GL1 2BB 01452 523 773
Exploring Textiles Group	10:30- 12:30	The Folk at Gloucester, Westgate Street, Gloucester GL1 2PG
Community Soup Kitchen	11:00- 13:00	Seventh Day Adventist Church, Cromwell Street, Gloucester
Craft /art	10:00- 12:00	The Folk at Gloucester, Westgate Street, Gloucester GL1 2PG
Crafty Creations Project Every 3rd Tuesday	10:00-13:00	St John's Northgate Hall, GL1 2AN Gloucester. Hosted by CCP
Men in Sheds - The Shed	10:00- 14:00	At rear of Gordon League Club, Hempsted Lane, Hempsted, Gloucester GL2 5JN Gloucester Shed | Men in Sheds Cheltenham And Gloucester
Treasure Seekers Hub	10:30 – 20:15	118 Eastgate Street, Gloucester GL1 1QT. www.kftseekers.org.uk or pop in for activities sheet. Suitable for those with learning disabilities and additional needs
Westgate Singing & Song writing	16:00- 17:00	Community Rm, Westgate Residents Group, The Dukeries car park (beneath Marion Ct flats)
Crochet Knit and social	0915 -1200	Hucclecote Community Centre £2 pw Karin: 07552 627570
Heart Of Gloucester Community Choir	19:30 – 21:00	St Mary DeCrypt, Southgate Street, Gloucester.
Reel Club meets at St Oswald's Retirement Village, Gavel Way, Gloucester, GL1 2UF Come to the Main Door & someone will let you in.	1930-2200	TUESDAY REEL CLUB | GLOUCESTER SCOTTISH SOCIETY The standard of the dancing is varied and it doesn't matter whether you are a complete beginner or an experienced dancer, you will be made most welcome. First Night FREE then £2 for Members & £2.50 for Non Members.
Link Wellbeing Group Every other Tuesday from 03.11.26	1030-1200	The Ramblers Community Association Podsmead Free to attend 01452 528300

Wednesdays	Time	Place
Coffee Pot Drop In 1st Wednesday	10:00- 12:00	1st Wednesday of the month. Tea & Cakes @£2.50. Southgate Church, 146 Southgate St. Glos
Coffee Morning	10:00- 12:00	Community Room, Westgate Residents Group, The Dukeries car park (beneath Marion Ct flats} - WRG
Gardening for Wellbeing	10:30- 12:00	Gloucester Cathedral, Westgate Street, Gloucester https://gloucestercathedral.org.uk/whats-on/gardening-for-wellbeing
Seated Exercise Group First Wednesday of the month	1100 to 1200	All Nations Club Gloucester 01452 526700 anccglos@gmail.com ebony.carers@gmail.com
Treasure Seekers Hub	10:30 – 20:15	118 Eastgate Street, Gloucester GL1 1QT. www.kftseekers.org.uk or pop in for activities sheet. Suitable for those with learning disabilities and additional needs
Knit and Natter or Crochet and Chatter	10:30- 12:30 13:30- 15:30	MIJU wool shop, College Street, off Westgate Street, Gloucester. £4 includes drink

Chair Yoga weekly	10.30-11.15	£7 Daily Grind Café, 94 Eastgate St. Chair Yoga at Daily Grinds Cafe.pdf
Mobility Voices every 2nd Wednesday of the month	1030-1200	Free – St Mary de Crypt, Southgate St GL1 1TP
Arts and activities	11:00-14:00	Inclusion Gloucestershire at Quakers Meeting House, off Southgate Street, Gloucester
Westgate residents Art Group	18:00 – 20:00	Community Rm, Westgate Residents Group, The Dukeries car park
Dunelm Gloucester Knit & Stitch Group	18:00	Fortnightly. Pausa Cafe, Dunelm, Westgate Retail Park, Gloucester GL1 2TF. 01452 305406 for more info.
Archery for Women	17.15 to 18.15	Every Wednesday at The Friendship Café. £3 per session Archery Womn Only Friendship Cafe.pdf
Running Group	18:30 start	Meet at War Memorial on Trier Way, by Gloucester Park.
Folk Choir	19:00 – 10:30	St Mary DeCrypt, Southgate Street, Gloucester

Thursdays	Time	Place
Treasure Seekers Hub	10:30 – 20:15	118 Eastgate Street, Gloucester GL1 1QT. www.kftseekers.org.uk or pop in for activities sheet. Suitable for those with learning disabilities and additional needs
Over 60s Group - last Thursday	10:30 – 12:00	Gloucester Library, Northgate Street, Gloucester.
Cooking Group - 1st Thursday	11:00- 13:00	Northgate Hall, St Johns Lane, Gloucester. Hosted by CCP
The Open Door	12:00- 14:00	*Brunswick Church, Southgate Street, Gloucester GL1 2DR (closed school holidays)
Social group	11:00	Lord High Constable, Gloucester Docks.
The Folk Of Gloucester. A session of Folk Songs and Tunes organised by Bill & Rebecca from local duo ReBil. Come and have lunch at the Secret Garden Cafe and join us.	3rd Thursday of the month 12-3 pm	The Folk of Gloucester 99-103 Westgate Street, Gloucester, GL1 2PG Pay as you feel
Guideposts Trust CONNECT Group Free social, support and activity group for people living with dementia, long term health conditions and their carers	1100 -1300	Gloucester Farmers Club, Agriculture House, Greville Close, Sandhurst GL2 9RG CONNECT Social Groups - Guideposts Trust 01453 767888 /01452 529697 gloucestershire@guideposts.org.uk
Dance fitness	12.30pm-2pm £3 (carers free)	Jolt, 1st floor, kings house Kings square St aldate st GL11RP Events and Activities – Prosperity Care and Wellbeing
Parkinson's group/cafe | Gloucester A friendly group that meets up for a cuppa and a chat. Anyone welcome that is affected by Parkinson's.	1300 to 1500 4th Thursday of the month	The Stroud Road Community Hub, 153b Stroud Road, Gloucester, GL1 5JQ Telephone:07900580498 Email:Tracy.miller15@nhs.net

Fridays	Time	Place
Seniors Coffee Mornings	10:00- 13:00	The Raven Centre, Hare Lane, Gloucester
Treasure Seekers Hub	10:30 – 20:15	118 Eastgate Street, Gloucester GL1 1QT. www.kftseekers.org.uk or pop in for activities sheet. Suitable for those with learning disabilities and additional needs
Severnside Knit/Crochet and Natter	10:30 – 12:30	Severnside Medical Practice, Quayside House, Quay Street, Gloucester .
Adult Gentle Exercise Class	11:00 – 11:45	3rd Friday at St.John's Northgate Hall, GL1 2AN. Hosted by CCP,  CCP Gentle Excercise Class Northgate Hall.p
Coffee, Chat & Cake	11:00- 12:30	School Room at St Mary de Crypt, Southgate St, Gloucester
Art Group	13:00- 16:00	Community Room, Westgate Residents Group, The Dukeries car park (beneath Marion Ct flats)
Tai Chi	1000 - 1100	Longford Village Hall £5 Gentle and for all abilities Sara at taichiglos@proton.me Calendar | Longford Village Hall
The Open Door	12:00- 14:00	Brunswick Church, Southgate Street, Gloucester GL1 2DR (closed school holidays)
The Shed	10:00- 14:00	Gordon League Club, Hempsted Lane, Hempsted, Gloucester GL2 5JN
Community Choir Hucclecote Community Choir	1045-1215	Contact 01453 766484
Mediation Class Come join an informal meditation class and learn mindfulness techniques	2.00 – 2.45	St Mary de Crypt Church Southgate Street, Gloucester, GL1 1TP 01452 305235 hollyknight25@gmail.co.uk

Saturday	Time	Place
Gloucester City Park Run home | Gloucester North parkrun | Gloucester North parkrun	9:00	Gloucester Park, Park Road, Gloucester GL1 1LY & Plock Court
Canal and Rivers Trust Let's Yoga – Movement and Mindfulness Free Class	1030 -1130	Book your free place here: https://www.eventbrite.co.uk/e/lets-yoga-movement-and-mindfulness-tickets-1003061502957
U3A (University of the third Age) Gloucester & District have many activities groups meeting		Guild Hall and other locations in Gloucester – Gloucester.u3asite.uk
Music Works has various events – visit		www.themusicworks.org.uk
Expressions Drama & Music Club	£4, 1pm-3pm	Prosperity Offices, Pillar & Lucy House, Merchants Road, Gloucester, GL2 5RG Events and Activities – Prosperity Care and Wellbeing
Tai Chi for Adults Gentle exercise for health and fitness	1000 to 1100	St Mary de Crypt Church Southgate Street, Gloucester £5 per session For more information contact 07580 232531