

More Stay Active Activities in Sutton

Name of provider	Area of activity	Contact details
Pilates classes with Sally	Beddington	0756 833 8204 sallydpilates@gmail.com
Mindfulness and drop in sessions- Belmont Connect	Belmont	0208 770 0172 admin@smhf.org.uk
Gentle Chair Yoga Wallington Community Wellbeing	Carshalton	0208 647 3000 info@wallington-community-group.org/
Meditation classes Woodside Meditation	Hackbridge	0782 379 6628 mary@woodsidemeditation.co.uk
Pilates classes Pilates 2 U	various locations in Hackbridge	0789 999 0733 info@pilates2you.co.uk
Tai Chi classes Wudang Tai Chi	Hackbridge	0779 669 6716 info@wudangtaichi.co.uk
Fitness and wellbeing activities with Men in Sheds	St Helier	0790 091 4547 meninsheds@communityactionsutton.org.uk

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Forever Fit class David Weir Leisure Centre	St Helier	020 8641 9480
Short Mat Bowls Darby and Joan Club	The Wrythe	0748 314 5963 darbyandjoan48@gmail.com
Badminton Club Trinity Church Sutton	Sutton	0208 715 0514 /0771 034 8133 m.s.booth@blueyonder.co.uk
Pilates Sutton Community Dance	Sutton	0770 988 4738 info@scd.org.uk
Sutton Churches Tennis Club	Sutton	0775 745 0906 jakecarruthers1@gmail.com
Sutton bowling Club	Sutton	0208 642 8136 office@suttonbowlingclub.co.uk
Table Tennis Sutton Christian Centre	Sutton	0208 642 8117 info@suttonchristiancentre.org
Walking Football Sutton United	Sutton	0208 644 4440 foundation@suttonunited.net
Tai Chi classes Wallington Community Wellbeing	Wallington	0777 053 3000 info@wallington- community-group.org

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Beginners and mixed abilities Pilates Classes by Sarah Vankren Pilates	Worcester Park	0789 182 8787 SARAHVRANCKEN@YAHOO.COM
Get Fit to Stay Fit Jo and Jane	Worcester Park	0208 786 3444 0208 661 8759
Pilates classes New Start Pilates	Worcester Park	0772 059 8228 linda@newstartpilates.co.uk
Worcester Park Cricket Club	Worcester Park	0208 337 4995 https://www.worcesterpark.play-cricket.com
Inclusive Cycling Sessions	St Helier	020 8404 1522/ info@ecolocal.org.uk
Chair supported workout with Flexercise Sutton	Sutton	0793 163 7873/ maggi.coen@gmail.com
Nonsuch Park Run	Cheam	nonsuch@parkrun.com
Hatha Flow Yoga	Belmont	020 8770 0172/ admin@smhf.org.uk
Chair Yoga	Belmont	020 8770 0172/ admin@smhf.org.uk
Pilates classes at the Riverside Centre	Carshalton	0798 379 3163/ info@corepilatesforall.co.uk