

## Activities for over 50s in Wiltshire – updated August 2018

### 1. Fitness and Friendship Groups - Age UK Wiltshire Social Clubs for older people with an emphasis on keeping active.

These groups are for people who want to participate in physical activity but perhaps something less formal than a class. Clubs offer a variety of activities such as new age Kurling, Bowling, Carpet Bowls, Quoits, Tai Chi and a social outlet.

PLEASE GO TO OUR WEBSITE, [WWW.AGEUK.ORG.UK/WILTSHIRE](http://WWW.AGEUK.ORG.UK/WILTSHIRE) FOR FURTHER INFORMATION

Location	Type of class	Date/time	Cost	For further information
Marden House Centre, New Road, <b>Calne</b>	<b>Fitness and Friendship Club</b> Seated and standing exercise, gentle tai chi, indoor games	Alternate Thursdays 2 – 3.30pm	£4.00 (includes tea/coffee)	Elaine Crabbe 07951 346992 Sally Evans 07754 612569
Kingsley Road Community Hall <b>Chippenham</b>	<b>Fitness and Friendship Club</b> Seated and standing exercise, gentle tai chi, indoor games	Alternate Wednesdays 2-4pm	£4 (includes tea/coffee)	Jean Harvest 07811 783802 Elaine Crabbe 07951 346992 Sally Evans 07754 612569
St Aldhelms Church Hall, Pickwick Road <b>Corsham</b>	<b>Fitness and Friendship Club</b> Seated and standing exercise, gentle tai chi, indoor games	Alternate Thursdays 2-4pm	£4 (includes tea/coffee)	Elaine Crabbe 07951 346992 Sally Evans 07754 612569
Nursted Community Centre <b>Devizes</b>	<b>Fitness and Friendship Club</b> Seated and standing exercise, gentle tai chi, indoor games	Alternate Wednesdays 2-3.30pm	£4 (includes tea/coffee)	Sally Evans 07754 612569 Elaine Crabbe 07951 346992
Scout Hall, Crown Lane <b>Ludgershall</b>	<b>Fitness and Friendship Club</b> Seated and standing exercise, indoor games	Alternate Thursdays 2-3.30pm	£4 (includes tea/coffee)	Sheila James 01264 395235 Sally Evans 07754 612569
Bowerhill Village Hall <b>Melksham</b>	<b>Fitness and Friendship Club</b> Seated and standing exercise, indoor games	Alternate Thursdays 2-4pm	£4 per session	Dee Pheese 07790144704 Elaine Crabbe 07951 346992 Sally Evans 07754 612569
Memorial Hall, Station Road <b>Royal Wootton Bassett</b>	<b>Fitness and Friendship Club</b> Seated and standing exercise, indoor games	Alternate Thursdays 10-12 noon	£4 (includes tea/coffee)	Sally Evans 07754 612569 Elaine Crabbe 07951 346992

Christ Church Community Centre Old Town, <b>Swindon</b>	<b>Fitness and Friendship Club</b> Seated and standing exercise, indoor games	Alternate Wednesdays 2-4pm	£4 (includes tea/coffee)	Anne Billingham 07796530560 Sally Evans 07754 612569 Elaine Crabbe 07951 346992
St James Church Hall <b>Trowbridge</b>	<b>Fitness and Friendship Club</b> Seated and standing exercise, gentle tai chi, indoor games	Alternate Tuesdays 2-4pm	£4 (includes tea/coffee)	Sally Evans 07754 612569 Elaine Crabbe 07951 346992
Civic Centre <b>Warminster</b>	<b>Fitness and Friendship Club</b> Seated and standing exercise, gentle tai chi, indoor games	Alternate Tuesdays 2-4pm	£4 (includes tea/coffee)	Sally Evans 07754 612569 Elaine Crabbe 07951 346992
Lake Side Centre (in the park) <b>Warminster</b>	<b>Fitness and Friendship Club</b> Seated and standing exercise, gentle tai chi, indoor games	Alternate Thursdays 2-4pm	£4 (includes tea/coffee)	Sally Evans 07754 612569 Elaine Crabbe 07951 346992
Winsley Village Hall BA15 2LU <b>Winsley</b>	<b>Fitness and Friendship Club</b> Seated and standing exercise, gentle tai chi, indoor games	Alternate Wednesdays 2-4pm	£4 (includes tea/coffee)	Elaine Crabbe 07951 346992 Sally Evans 07754 612569

## 2. Exercise Classes

Below is a list of independent classes that are aimed at people of 50+ (leisure centres also run some classes see section 3 below). We are not in a position to recommend any classes, all we can do is give you details of how to contact the tutor so you can find out about the class for yourself and assess if you think it might be what you are looking for.

**When thinking about joining a class please bear the following in mind**

- Find out about the class, do you know anyone else who attends that you can ask?
- Contact the tutor and ask for more details about costs, location and type of class
- Ask your GP if there are any health concerns that might influence the type of activity/class you might choose
- How will you get there, can you share transport with anyone?
- Ask about the tutor's insurance cover

### Types of classes

- Chair based exercise class (also described as seated classes) – Exercise designed for those who have been inactive for a lengthy period of time
- Postural Stability Classes/Abacus Classes – Designed to help those who have had a fall, are at risk of falling for who are afraid of falling. A mix of chair-based and standing exercises not only to improve strength and balance but also build up confidence.
- Chair-based and standing classes – For those who want to become more active, a mixture of seated and standing exercises, slightly more active than other classes
- T'ai Chi Shibashi - Gentle movement combining deep breathing with relaxation to improve strength and balance
- Zumba Gold – gentle dance movements to improve balance, strength, cardiovascular fitness and coordination
- FLEXercise – A mixture of aerobic, posture exercises, focus on major joints & muscles, floor or chair work & dance

### Do your homework

- Never be afraid to ask the tutor about their qualifications and check that they have done training specifically in exercise for older people

<b>Location</b>	<b>Type of class</b>	<b>Date/time</b>	<b>Cost</b>	<b>For further information</b>
Antrobus House <b>Amesbury</b>	FLexercise – A mixture of aerobic, posture exercises, focus on major joints & muscles, floor or chair work & dance.	Thursday 11.45-1300	£5 plus small annual fee	Sheelagh Browne 01722 324202 pmsemails@aol.com 07961071288
Antrobus House 39 Salisbury Road <b>Amesbury</b>	Seated Zumba Gold	Wednesday 1.45 – 2.30 (arrive from 1.15 for tea)	£5	Kirstie Pugh 07787 101410 loomsie@yahoo
Antrobus House 39 Salisbury Road <b>Amesbury</b>	Zumba Gold (low impact standing)	2.45 pm - 3.30	£5	Kirstie Pugh 07787 101410 loomsie@yahoo
St Michael's Hall <b>Bemerton</b>	Exercise to music	Friday 2 – 3pm	£4.50	Hazel Burns 01980 620429 hazeltherapy@hotmail.com
Bearfield Church, Huntingdon St <b>Bradford on Avon</b>	Pilates (seated, for those not wanting to get up and down from the floor)	Friday 11.40- 12.40pm	£8.50	Liz Vaughton 07968 396781 liz@vitapilates.co.uk
St Margaret's Hall <b>Bradford on Avon</b>	Zumba Gold (active over 50's)	Thursday 12 – 1pm	£6.00	Debbie Bailey 07941112893 Debbiebailey4@sky.com www.debszumbafitness.co.uk
United Church 10 St Margaret's Hill <b>Bradford on Avon</b>	Falls prevention (Postural Stability Class)	Tuesday 12.30-1.15pm 1.30pm – 2.15 and 2.30pm – 3.15	£2.60	Claire Webber 07909 987811 clairewebber67@btinternet.com
United Church 10 St Margaret's Hill <b>Bradford on Avon</b>	Exercise to Music	Friday 12.30-1.30pm	£5.00	Claire Webber 07909 987811 clairewebber67@btinternet.com
Broughton Gifford Village hall <b>Broughton Gifford</b>	T'ai Chi Shibashi	Tuesday 10.30 -- 11.30am	£2.00	Ian Crook 07713141629 noreencrook@btinternet.com

Beverbrook Sport Facility <b>Calne</b>	Exercise to Music	Monday 10 – 10.45 am	£4.00	Claire Webber 07909 987811 clairewebber67@btinternet.com
Marden House New Road <b>Calne</b>	Tai Chi Qigong	Monday 12.15 pm – 1.15 pm	£6	Anne Liddell 01249 814071 email chi@shadesoft.net
The Wharf <b>Calne</b>	Fall prevention (Postural Stability Class)	Wednesday 11.15-12 noon	£2.60	Sally Phillis 01672 513161 sally.phillips@wiltshire.gov.uk
Croft Court <b>Chippenham</b>	Fall prevention (Postural Stability Class)	Thursday 3pm-4pm	£2.60	Debs Newth 07532 264460 deborahnewth@pfpleisure.org
The Methodist Church, Monkton Hill <b>Chippenham</b>	Exercise to Music and Postural Stability	Wednesday 9.45-10.30	£4	Claire Webber 07909 987811 clairewebber67@btinternet.com
Codford Village Hall <b>Codford</b>	Zumba Gold	Tuesday 10.15- 11.10am	£6.00 per session	Debbie Bailey 07941112893
The Scout Hut, Derriads Lane, <b>Chippenham</b>	Zumba Gold	Friday 9.15-10.15 am	£5 per session	Sheila Copeman 07835 182971 Zumbachippenham@gmail.com
Chippenham Sports Club <b>Chippenham</b>	Zumba Gold	Wednesday 9.30-10.30 am	£5 per session	Sheila Copeman 07835 182971 Zumbachippenham@gmail.com
Springfield Community Campus <b>Corsham</b>	Fall prevention (Postural Stability Class)	Thursday 11.45-12.30 pm	£2.60	Sally Phillis 01672 513161 sally.phillips@wiltshire.gov.uk
Heberden House <b>Cricklade</b>	Fall prevention (Postural Stability Class)	Wednesday 2.30-3.15 pm	£2.60	Sally Phillis 01672 513161 sally.phillips@wiltshire.gov.uk
Devizes Leisure Centre <b>Devizes</b>	Fall prevention (Postural Stability Class)	Thursday 2.15-3pm	£2.60	Sally Phillis 01672 513161 sally.phillips@wiltshire.gov.uk
Southbroom Infants School <b>Devizes</b>	Zumba Gold	Thursday 6.45pm-7.45p,	£6.00	Debbie Bailey 0794112893
Wyvern Club <b>Devizes</b>	Flexercise	Monday 10.00 – 11.00am	£6.00 plus small annual fee	Claire Lilley 01380 860339

Wyvern Club <b>Devizes</b>	EXTEND active exercise to music	Friday 10,30- 11.30am followed by tea/coffee		Lynne Rayner 01380 812881 lynne@movement4you.com
Slade House <b>Devizes</b>	Balance class/falls prevention for the over 60's	Tues 10.30 – 11.30	£3.50 includes tea & coffee	Carole Hillier 01249 247922 ken.hillier@talktalk.net
Slade House <b>Devizes</b>	Extend seated and standing, gentle tai chi at the end to finish	Thurs 2 – 3pm	£3.50 includes tea & coffee	Carole Hillier 01249 247922 ken.hillier@talktalk.net
Memorial Hall <b>Harnham</b>	Extend Standing and seated exercise to music	Tuesday 2.15 – 3.15pm	£5	Pam Whitlock 01794 884087 curlocks@hotmail.co.uk
Memorial Hall <b>Harnham</b>	Functional Fitness to Music	Tuesday 11-12 noon	£5	Pam Whitlock 01794 884087 curlocks@hotmail.co.uk
Village Hall <b>Langford</b>	Functional Fitness to Music	Monday 1.30-2.30pm	£5	Pam Whitlock 01794 884087 curlocks@hotmail.co.uk
Village Hall <b>Langford</b>	EXTEND (over 60s)	Monday 3-4pm	£3	Landford Healthy Living Group Pam Whitlock 01794 884087 curlocks@hotmail.co.uk
Laverstock and Ford Village Hall Duck Lane <b>Laverstock</b>	FLexercise – A mixture of aerobic, posture exercises, focus on major joints & muscles, floor or chair work & dance.	Friday 11.45- 1pm	£5 (plus small annual fee)	Sheelagh Browne 01722 324202 pmsemails@aol.com 07961071288
Lyneham Village Hall <b>Lyneham</b>	EXTEND (over 60s)	Friday 10.00- 11.00am	£3.00	Alison Bucknell 07976891377 Allison.bucknell@btinternet.com
The Activity Zone <b>Malmesbury</b>	Fall prevention (Postural Stability Class)	Tuesday 10.45-11.45	£2.60	Debs Newths 07532 264460 deborahnewth@pfpleisure.org
The Old School <b>Market Lavington</b>	FLexercise	Friday 10-11am	£6 plus small annual fee	Claire Lilley 07710 420357
Green Dragon Pub Function Room <b>Market Lavington</b>	FLexercise	Monday 6.45-7.45pm & Wednesday 10.00-11.00	£5.00 plus small annual fee	Claire Lilley 07710 420357

Leisure Centre <b>Marlborough</b>	Fall prevention (Postural Stability Class)	Wednesday 1.15-2.15pm and 2.15-3pm	£2.60	Sally Phillis 01672 513161 sally.phillips@wiltshire.gov.uk
Leisure Centre <b>Marlborough</b>	MOPS (Marlborough Old Person's) Chair Based	Tuesday 2 – 3pm	£2.60	Sally Phillis 01672 513161 sally.phillips@wiltshire.gov.uk
Christie Miller Leisure Centre <b>Melksham</b>	Fall prevention (Postural Stability Class)	Monday 12.00- 12.45pm	£2.60	Claire Webber 07909 987811 clairewebber67@btinternet.com
Forest Community Centre <b>Melksham</b>	Gentle exercise and activities for the over 55's	Monday First Monday in every month 1.30pm for the afternoon	£3	Terri Welch 01225 702800
Pewsey Leisure Centre <b>Pewsey</b>	Fall prevention (Postural Stability Class)	Wednesday 1.30-2.15pm	£2.60	Sally Phillis 01672 513161 sally.phillips@wiltshire.gov.uk
Scout Hall <b>Pewsey</b>	T'ai Chi Qigong	Tuesday 10.30- 11.30pm	£4	Anne Liddell 01249 814071 chi@shadesoft.net
Jubilee Hall <b>Purton</b>	T'ai Chi Shibashi	Thursday 2.00 – 3.00pm	£3.00	Steve Rouse 07956 359924 wroughtonbodybalance@gmail.com
Village Hall <b>Ramsbury</b>	Exercise to music, seated and standing (over 60s)	Tuesday 10.30- 11.15am (includes tea/coffee)	£2.50	Yve Griffiths 01380 723086 yve@thegablesdevizes.co.uk
Village Hall <b>Rowde</b>	Exercise to music, seated and standing (over 60s)	Monday 2.30-3.15 (includes tea/coffee)	£2.50	Yve Griffiths 01380 723086 yve@thegablesdevizes.co.uk
Village Hall <b>Rushall</b>	Exercise to music, seated and standing (over 60s)	Friday 10.00- 10.45am	£2.50	Yve Griffiths 01380 723086 yve@thegablesdevizes.co.uk

Salvation Army Hall Salt Lane <b>Salisbury</b>	FOGEYFIT (over 70s)	Tuesday 11.00 – 12noon	£4.00	Sheelagh Browne 01722 324202 pmsemails@aol.com 07961071288
Baptist Church Brown Street <b>Salisbury</b>	Chair-Based/Postural Stability Class (over 60s)	Tuesday 10-11 (advanced) 11.15-12 (all others)	£2.60	Trish Cowie 07887538512
Baptist Church Brown Street <b>Salisbury</b>	KFA – Chair based and standing with support	Monday 2.30 (term time)	Donation (£3 suggested)	Sheila Wills 01722333954
British Legion Endless Street <b>Salisbury</b>	Exercise to Music and Tai Chi	Tuesday 2-3pm	£4.50	Hazel Burns 01980 620429 hazeltherapy@hotmail.com
Durrington Sports Centre <b>Salisbury</b>	Fall prevention (Postural Stability Class)	Tuesday 1.30-2.15pm	£2.60	Sally Phillis 01672 513161 sally.phillips@wiltshire.gov.uk
St Elizabeth Hall Exeter Street <b>Salisbury</b>	FLexercise – A mixture of aerobic, posture exercises, focus on major joints & muscles, floor or chair work & dance	Tuesday 7 - 8.15pm	£5 (plus small annual fee)	Sheelagh Browne 01722 324202 pmsemails@aol.com 07961 071288
St Elizabeth Hall Exeter Street <b>Salisbury</b>	FLexercise – A mixture of aerobic, posture exercises, focus on major joints & muscles, floor or chair work & dance	Thursday 9.45-11.00am	£5 (plus small annual fee)	Sheelagh Browne 01722 324202 pmsemails@aol.com 07961 071288
Elizabeth Court Crane Bridge Street <b>Salisbury</b>	FOGEYFIT (over 70s)	Friday 10.00 - 11.00am	£4.00	Sheelagh Browne 01722 324202 pmsemails@aol.com 07961 071288



Five Rivers Health and Wellbeing Centre <b>Salisbury</b>	Nifty, fifty plus club (Badminton, short mat bowls, keep fit, swimming, social activities also arranged independently (meals, theatre, holidays)	Tuesday 1.30 – 3.50pm	£8.50 annual membership to leisure centre, plus weekly charge £4.40	Doreen Till 01722 501538 <a href="mailto:nobbins@ntlworld.com">nobbins@ntlworld.com</a> or Five Rivers Centre on 01722 339966
Five Rivers Health and Wellbeing Centre <b>Salisbury</b>	Fall prevention (Postural Stability Class)	Monday 12 – 12.45pm	£2.60	Sally Phillis 01672 513161 <a href="mailto:sally.phillips@wiltshire.gov.uk">sally.phillips@wiltshire.gov.uk</a>
St Martin's School, Shady Bower, <b>Salisbury</b>	Folk Dancing	Tuesday 7.30-10pm	£3	David Tullis 01722 863024 <a href="mailto:dbt@uwclub.net">dbt@uwclub.net</a> <a href="http://sarum.webplus.net/">http://sarum.webplus.net/</a>
Salisbury Methodist Church, St Edmund's Church Street, <b>Salisbury</b>	Seated Zumba Gold (Chair Exercise Class)	Monday 12 noon – 1 (arrive from 11.30 for tea)	£3	Kirstie Pugh 07787 101410 <a href="mailto:loomsie@yahoo">loomsie@yahoo</a>
Salisbury Methodist Church, St Edmund's Church Street, <b>Salisbury</b>	Zumba Gold (low impact standing)	Tuesday 5pm – 6	£5.50	Kirstie Pugh 07787 101410 <a href="mailto:loomsie@yahoo">loomsie@yahoo</a>
Salisbury Methodist Church, St Edmund's Church Street, <b>Salisbury</b>	Zumba Gold (low impact standing)	Thursday 9am - 10	£5.50	Kirstie Pugh 07787 101410 <a href="mailto:loomsie@yahoo">loomsie@yahoo</a>
Raglan Court Russell Road, <b>Salisbury</b>	Seated Zumba Gold (Chair Exercise Class)	Wednesday 11am - 12	£3	Kirstie Pugh 07787 101410 <a href="mailto:loomsie@yahoo">loomsie@yahoo</a>
St John's Place, Lower Road, Lower Bemerton, <b>Salisbury</b>	Seated Zumba Gold (Chair Exercise Class)	Friday 10.15am- 10.45 (part of a community coffee morning)	£3	Kirstie Pugh 07787 101410 <a href="mailto:loomsie@yahoo">loomsie@yahoo</a>

Steeple Langford Village Hall <b>Steeple Langford</b>	Exercise to Music and Tai Chi	Tuesday 9 – 10am	£5	Hazel Burns 01980 620429 hazeltherapy@hotmail.com
Trinity House <b>Tidworth</b>	Exercise to music, seated (over 60s)	Tuesday 2.00 – 2.45 (includes tea/coffee)	£2.50	Yve Griffiths 01380 723086 yve@thegablesdevizes.co.uk
Castle Place Leisure Centre <b>Trowbridge</b>	Fall prevention (Postural Stability Class)	Tuesday 1.45-2.30pm	£2.60	Debs Newth/Jackie Brooks 07532 264460 deborahnewth@pfpleisure.org
Maple Grove <b>Trowbridge</b>	Exercise to music, seated (over 60s)	Thursday 2.00-2.45 (includes tea/coffee)	£2.20	Yve Griffiths 01380 723086 yve@thegablesdevizes.co.uk
St James's Church Hall <b>Trowbridge</b>	Zumba Gold	Tuesday 12.30 – 1.30	£6.00	Debbie Bailey 07941112893 Debbiebailey4@sky.com
St James's Church Hall <b>Trowbridge</b>	BLISS (gentle pilates and mindfulness)	Thursday 10 – 11am	£6.00	Debbie Bailey 07941112893 Debbiebailey4@sky.com
Melicot House <b>Warminster</b>	Fall prevention (Postural Stability Class)	Tuesday 11.45- 12.30pm	£2.00	Debs Newth/Jackie Brooks 07532 264460 deborahnewth@pfpleisure.org
Warminster Civic Centre Sambourne Road <b>Warminster</b>	Zumba Gold (active over 50s)	Friday 10.00- 11.00am	£5.00	Debbie Bailey 07941112893 Debbiebailey4@sky.com
Warminster Park Community Hall <b>Warminster</b>	Fall prevention (Postural Stability Class)	Monday 11 – 11.45am and 12.15-1pm	£2.60	Sally Phillis 01672 513161 sally.phillips@wiltshire.gov.uk
Bell Orchard Field Close <b>Westbury</b>	Fall prevention (Postural Stability Class)	Monday 2.15-3.00pm	£2.60	Debs Newth/Jackie Brooks 07532 264460 deborahnewth@pfpleisure.org

Leigh Park Community Centre <b>Westbury</b>	Zumba Gold	Monday and Wednesday 11.30 – 12.30pm	£6.00	Debbie Bailey 07941112893 Debbiebailey4@sky.com
Leigh Park Community Centre <b>Westbury</b>	BLISS (gentle pilates and mindfulness)	Wednesday 9.45-11am	£6.00	Debbie Bailey 07941112893 Debbiebailey4@sky.com
Methodist Church <b>Westbury</b>	Fall prevention (Postural Stability Class)	2.10 – 2.55pm	£2.60	Sally Phillis 01672 513161 sally.phillips@wiltshire.gov.uk
Westwood Parish Rooms, <b>Westwood</b>	Pilates (seated, for those not wanting to get up and down from the floor)	Wednesday 11.40-12.40pm	£8.50	Liz Vaughton 07968 396781 liz@vitapilates.co.uk
Village Hall <b>West Lavington</b>	EXTEND Active over 60s	Thursday 10-11am	£4.00	Lynne Rayner 01380 812881 lynne@movement4you.com
Memorial Hall <b>Whiteparish</b>	Extend Standing and seated exercise to music	Thursday 2-3pm	£3	Pam Whitlock 01794 884087 curlocks@hotmail.co.uk
Olivier Court, The Avenue <b>Wilton</b>	Seated Zumba Gold (Chair Exercise Class)	Tuesday 10.30 am – 11.30	£3	Kirstie Pugh 07787 101410 loomsie@yahoo
Lime Kiln Centre <b>Royal Wootton Bassett</b>	Fall prevention (Postural Stability Class)	Monday 11-12 noon 12.30-1.15pm	£2.60	Sally Phillips 01672 513161 sally.phillips@wiltshire.gov.uk
St Barts Church Hall <b>Royal Wootton Bassett</b>	EXTEND	Friday 2.00 – 3.00pm	£3	Allison Bucknell 07976891377 Allison.bucknell@btinternet.com

### 3. Leisure centres

**Many leisure and recreation centres offer a variety of activities for older people** Do not be put off if the activities are advertised as being for over 50s, many centres report that they have participants well into their 80s

- Seek advice from your GP if you are considering taking up a new activity

<b>Location</b>	<b>Type of Activities offered for over 50s</b>	<b>Contact number for further details</b>
Swimming Pool <b>Bradford on Avon</b>	Swimming	01225 862970
Beaversbrook Community Centre <b>Calne</b>	Walking football and fitness and friendship	01249 814191
Calne Leisure Centre White Horse Way <b>Calne</b>	Swimming for over 50's, Aqua fit, Active plus exercise class for the over 50's	01249 706110
Olympiad Leisure Centre <b>Chippenham</b>	Swimming for over 50's, Aqua fit, badminton, gym	01249 444144
Springfield Community Campus <b>Corsham</b>	Swimming for over 50's, walking football, walking netball	01249 712846
Cricklade Leisure Centre <b>Cricklade</b>	Swimming for over 50's, circuits for over 50's, badminton for over 50's.	01793 750011
Devizes leisure centre <b>Devizes</b>	Over 50's swimming, over 50's active plus exercise class	01380 826111

The Activity Zone Leisure Centre <b>Malmesbury</b>	Swimming for over 50's, 50 plus club involves short tennis/badminton, tea/coffee,	01666 822533
Marlborough Leisure Centre <b>Marlborough</b>	Swimming for over 50's, active plus exercise class	01672 513161
Christie Miller Sports Centre <b>Melksham</b>	Walking netball, 50 plus badminton,	01225 702826
The Vale Fitness Suite <b>Pewsey</b>	Centre being re-furbished and no current specific over 50's groups offered by the centre	01672 562469
Lime Kiln Leisure Centre <b>Royal Wootton Bassett</b>	Young at heart exercise classes, over 50's swimming	01793 852197
Five Rivers Leisure Centre <b>Salisbury</b>	Aqua fit, over 50's swimming, walking netball,	01722 339966
Tidworth Leisure Centre <b>Tidworth</b>	Over 50's Swimming, Body balance, indoor bowls, over 50's badminton, walking netball	01980 847140
Castle Place Leisure Centre <b>Trowbridge</b>	No specific over 50's activities	01225 762711
Trowbridge Sports Centre <b>Trowbridge</b>	Over 50's swimming, walking football, walking netball	01225 764342
Warminster Sports Centre <b>Warminster</b>	Badminton for the over 50's, Nifty 50s Aerobics, swimming for the over 50's	01985 212946
Leighton Recreation Centre <b>Westbury</b>	Active health circuits for less able, Tai Chi	01373 824448
Amesbury Sport Centre <b>Amesbury</b>	Body balance, walking football	01980 622173

#### **4. Walking Groups**

**There are several walking groups that lead walks across Wiltshire, including:**

**"Get Wiltshire Walking"** which is a Public Health funded project which organises a FREE weekly led walk. For further information on a walk in your area, please contact: Rosie Golding on 07917 599964, email [rosie.golding@wiltshire.gov.uk](mailto:rosie.golding@wiltshire.gov.uk); or Louse Gale on 07342 066608, email [louise.gale@wiltshire.gov.uk](mailto:louise.gale@wiltshire.gov.uk)

**The Ramblers** offer a comprehensive programme of walks for various abilities and have the following groups across Wiltshire:

**Wiltshire and Swindon Ramblers** can be contacted on 01249 701265, [www.wiltsswindonramblers.org.uk](http://www.wiltsswindonramblers.org.uk)

**Mid Wiltshire** can be contacted on 01249 822175, [www.wiltsswindonramblers.org.uk](http://www.wiltsswindonramblers.org.uk)

**North West Wiltshire Ramblers** can be contacted on 01249 654944, [www.wiltsswindonramblers.org.uk](http://www.wiltsswindonramblers.org.uk)

**South Wiltshire Ramblers** can be contacted on 01722 336642, [www.wiltsswindonramblers.org.uk](http://www.wiltsswindonramblers.org.uk)

**Swindon and North East Wiltshire Ramblers** can be contacted on 01793 637566, [www.ne.wiltsswindonramblers.org.uk](http://www.ne.wiltsswindonramblers.org.uk)

**West Wiltshire Ramblers**, can be contacted on 01380 828949, [www.wiltsswindonramblers.org.uk](http://www.wiltsswindonramblers.org.uk)

**Local U3A** organisations may include walking groups in their activities programmes, to find out if there is a U3A group near you please contact their national office 020 8466 6139 or see their website [www.u3a.org.uk](http://www.u3a.org.uk)

**Natural England – Walking for Health** see website [www.wfh.naturalengland.org.uk](http://www.wfh.naturalengland.org.uk)

## 5. Nordic Walking Classes

**British Nordic Walking – 0115 848 3801, [info@britishnordicwalking.org.uk](mailto:info@britishnordicwalking.org.uk)  
[www.britishnordicwalking.org.uk/](http://www.britishnordicwalking.org.uk/)**

**Nordic Walking UK – 0333 1234540, [info@nordicwalking.co.uk](mailto:info@nordicwalking.co.uk)  
[www.nordicwalking.co.uk/](http://www.nordicwalking.co.uk/)**

## 6. Cycling

**If you already cycle and would like to find out about cycling clubs and events near you please contact**

**British Cycling - General Enquiries 0161 274 2000 Email: [info@britishcycling.org.uk](mailto:info@britishcycling.org.uk)**