



Helping our community to get active

LIST OF PHYSICAL ACTIVITIES

Please select your town

Backwell

Body Conditioning

Banwell

Yoga - Embodied Mornings – Hatha

Bleadon

Yoga - Ashtanga Vinyasa

Churchill

Roller Skating – Families and juniors

Cleeve

Tennis – Adults and Juniors

Clevedon

Body Weight/Cardio

Boxing/Conditioning



Better Health
North Somerset



Boxing Adult

Boxing Kids (6-11yrs)

Boxing Ladies only

Boxing Youth (12-16 yrs.)

Circuits Old School

CrossFit – Beginners (Adults)

Strength and Conditioning

Long Ashton

Outdoors Exercising

Nailsea

Dance Fitness

Portishead

Senior Strong (over 60's)

Worle

@worle centre

Circuits Training

Football – Boys and Girls – (4 – 8 yrs.)

Martial Arts (ages 4-10 yrs.)

Martial Arts (ages 11 yrs. +)

Self- Defence – Ladies

Weston-Super-Mare

50+ Sports Club

60's Go Go Dance

Body Balance

Body Sculpting

Good Boost – MSK Rehab (Land and Aqua)

Table Tennis

Tennis - Parent & Child

Tennis, Short Tennis, and Pickleball - juniors



Better
Health North
Somerset



Tennis - Walking

Yoga for Relaxation

Yatton – FREE Activities

Cycling - Activities

Cycling – Inclusive Skills Session

Cycling - Lessons for Young People with Additional Needs

Backwell

Body Conditioning

Caroline Knight	Bookings	Web address
Wednesdays 7 pm to 7.50 pm Fridays 9.15 am to 10.05 am WI Hall Station Road Backwell BS48 3QW	Telephone - 07825794553 Email dizzyme@outlook.com	

Additional Needs

Blind/Visual Impairment	Deaf/ Hard of Hearing	Learning Disability/ Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
No	No	No	No	No	No

Description:

Low impact, not high cardio Body Conditioning for toning, strength, and bone density. Also good for mental health- We do a section on Legs, Arms then Core. Attendees need to bring a mat and water and be appropriately dressed. A PAR-Q will also need to be completed before participating.

Notes:

- Pre-booking is **not** required, following initial registration.
- The sessions cost £6 each.
- Session Intensity Medium

Banwell

Yoga - Embodied Mornings – Hatha

Sada Yoga Fridays 10 – 11 am Mead Fields Community Hub, 11 Harding Drive, Banwell, BS29 6AP	Bookings http://www.sadayoga.co.uk/classes Enquiries: Email info@sadayoga.co.uk	Web address https://sadayoga.co.uk/
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Additional Needs

Blind/ Visual Impairment No	Deaf/ Hard of Hearing No	Learning Disability / Difficulty No	Mental Health Condition Yes	Autistic Spectrum Disorder No	Additional Physical Impair- ment No
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Description:

Feeling disconnected from your body and rushing through the start of your day? This class brings you back to yourself through mindful movement, breath, and awareness. You'll learn to move with intention, listen to your body's needs, and begin your day feeling grounded and present.

Notes:

- Pre-booking is required via <http://www.sadayoga.co.uk/classes>
- The sessions cost £7 each.
- Session Intensity Low/Medium

Bleadon

Yoga - Ashtanga Vinyasa

Sada Yoga Thursdays 6.15 – 7.15 pm Bleadon Coronation Hall 5 Coronation Road Bleadon Weston Super Mare BS24 0PG	Bookings http://www.sadayoga.co.uk/classes Enquiries: Email info@sadayoga.co.uk	Web address https://sadayoga.co.uk/
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Additional Needs

Blind/ Visual Impairment No	Deaf/ Hard of Hearing No	Learning Disability / Difficulty No	Mental Health Condition Yes	Autistic Spectrum Disorder No	Additional Physical Impair- ment No
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Description:

Feeling stuck, unmotivated, or out of sync with your body? Ashtanga Vinyasa is a powerful practice designed to help you build strength, improve flexibility, and boost stamina—both physically and mentally. By syncing breath with movement through a dynamic sequence of postures, this practice helps you cultivate focus, resilience, and a deeper connection to yourself.

Notes:

- Pre-booking is required via <http://www.sadayoga.co.uk/classes>
- The sessions cost £7 each.
- Session Intensity Low/Medium

Churchill

Roller Skating – Families and juniors

Beyond Skate	Bookings	Web address
Thursdays 6.30 – 7.30 pm Churchill Academy School, Churchill Green, Churchill BS25 5QN	Email therosefamilyltd@gmail.com	 Beyond Skate beyondskate.co.uk

Additional Needs

Blind/Visual Impairment	Deaf/ Hard of Hearing	Learning Disability/ Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
No	No	Yes	Yes	Yes	No

Description:

Roller Skating sessions for families and juniors that are fun and challenging.

Notes:

- Pre-booking is required to ensure correct roller skates are available.
- The sessions cost £6 each.
- Session Intensity Medium/High

Cleeve

Tennis – Adults and Juniors

Cleeve Tennis Club	Bookings/Enquiries	Web address
See details of times below King George V Memorial Field Meeting House Lane Cleeve BS49 4PD	Phil Stackhouse 07971444501 cleevetennisclub@gmail.com	CleeveTennis Club

Additional Needs

Blind/Visual Impairment	Deaf/ Hard of Hearing	Learning Disability/ Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
No	Yes	Yes	Yes	Yes	No

Description:

Group tennis coaching lessons at the following times:

- Wednesday 4-7 pm - Junior coaching (term time only)
- Wednesday 7-9 pm - Adult social session
- Friday 10-12 noon – Adult social session
- Friday 5.30-7 pm - Junior social session (term time only)
- Saturday 9-12 noon - Junior coaching (term time only)
- Sunday 2-5 pm - Adult social session
- Sunday 6-9 pm - Adult beginner social session

Notes:

- Pre-booking is required
- The sessions cost £6 each.
- Session Intensity is variable

Clevedon

Body Weight/Cardio

Eisey's Community Gym Mondays 6:15 pm to 7:00 pm. Eisey's Community Gym 137 Old St Clevedon BS21 6BH	Bookings Booking via text or WhatsApp 07771880580 Email training@eisenradersgym.co.uk	Web address http://eisenradersgym.com/ 
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Additional Needs

Blind/Visual Impairment Yes	Deaf/Hard of Hearing Yes	Learning Disability/Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment Yes
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Description:

Circuit that comprises bodyweight and cardio exercises in different formats every week. Some equipment is used on occasion.

Notes:

- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High

Boxing/Conditioning

Eisey's Community Gym	Bookings	Web address
Mondays 7:15 pm to 8:00 pm. Eisey's Community Gym 137 Old St Clevedon BS21 6BH	Booking via text or WhatsApp 07771880580 Email training@eisenratersgy m.co.uk	http://eisenratersgym.com/ 

Additional Needs

Blind/Visual Impairment	Deaf/ Hard of Hearing	Learning Disability/ Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
Yes	Yes	Yes	Yes	Yes	Yes

Description:

A mixture of pad work drills, and exercises.

Notes:

- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High

Boxing Adult

Eisey's Community Gym Thursdays 7:00 pm to 8:00 pm. Fridays 6:15 pm to 7:15 pm. Eisey's Community Gym 137 Old St Clevedon BS21 6BH	Bookings Booking via text or WhatsApp 07771880580 Email training@eisenratersgym.co.uk	Web address http://eisenratersgym.com/ 
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Additional Needs

Blind/Visual Impairment	Deaf/Hard of Hearing	Learning Disability/Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
Yes	Yes	Yes	Yes	Yes	Yes

Description:

- Bag work, sparring if desired, pad work. This is run like all boxing clubs up and down the country. A timer is set, and you and not the coaches decide what you will do.
- **Notes:**
- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High

Boxing Kids (6-11yrs)

Eisey's Community Gym	Bookings	Web address
Thursdays 4:15 pm to 5:00 pm. Eisey's Community Gym 137 Old St Clevedon BS21 6BH	Booking via text or WhatsApp 07771880580 Email training@eisenratersgym.co.uk	http://eisenratersgym.com/ 

Additional Needs

Blind/Visual Impairment	Deaf/Hard of Hearing	Learning Disability/Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
Yes	Yes	Yes	Yes	Yes	Yes

Description

Coaches hold pads for the children who perform different combinations. (No Sparring, 100% non-contact)

Notes:

- Pre-booking **is** required.
- The sessions cost £4 each.
- Session Intensity Medium/High

Boxing Ladies only

Eisey's Community Gym Thursdays 9:30 am to 10:30 am. Eisey's Community Gym 137 Old St Clevedon BS21 6BH	Bookings Booking via text or WhatsApp 07771880580 Email training@eisenratersgym.co.uk	Web address http://eisenratersgym.com/ 
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Additional Needs

Blind/Visual Impairment Yes	Deaf/Hard of Hearing Yes	Learning Disability/Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment Yes
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Description:

This is a combination of pad work and bag work mixed in with some bodyweight conditioning.

Notes:

- Pre-booking is required.
- The sessions cost £6 each.
- Session Intensity Medium/High

Boxing Youth (12-16 yrs.)

Eisey's Community Gym	Bookings	Web address
Thursdays 5:05 pm to 5:50 pm. Eisey's Community Gym 137 Old St Clevedon BS21 6BH	Booking via text or WhatsApp 07771880580 Email training@eisenratersgy.com	http://eisenratersgym.com/ 

Additional Needs

Blind/Visual Impairment	Deaf/Hard of Hearing	Learning Disability/Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
Yes	Yes	Yes	Yes	Yes	Yes

Description:

Coaches and youth all hold pads. (No sparring and 100% non-contact)
 Learning strong fundamentals and complex moves.

Notes:

- Pre-booking **is** required.
- The sessions cost £4 each.
- Session Intensity Medium/High

Circuits Old School

Eisey's Community Gym Tuesdays 6:15 pm to 7:00 pm. Eisey's Community Gym 137 Old St Clevedon BS21 6BH	Bookings Booking via text or WhatsApp 07771880580 Email training@eisentrainersgym.co.uk	Web address http://eisentrainersgym.com/ 
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Additional Needs

Blind/Visual Impairment Yes	Deaf/Hard of Hearing Yes	Learning Disability/Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment Yes
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Description:

Lots of great equipment is set up in different formats every week. rowing machines, Assault Bikes, battle ropes, soft plyometric boxes, Tyres, kettlebells, slam balls, etc.

Notes:

- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High

CrossFit – Beginners (Adults)

Ozbox Fitness Wednesdays 7.30 pm to 8.30 pm. Unit 6 Carey Developments, Tweed Road. Clevedon, BS21 6RR	Bookings Email ozboxfitness@outlook.com	Web address Www.crossfitozbox.co.uk 
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Additional Needs

Blind/Visual Impairment Yes	Deaf/Hard of Hearing Yes	Learning Disability/Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment Yes
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Description:

If you are wanting to make a sustainable change to your lifestyle, and you are tempted to try CrossFit but are worried about coming straight into a class environment with other members, this beginner's membership is designed for you! If you'd like to start enjoying exercise. Gain confidence in the gym environment. Learn new skill set, which will help you move better for daily routines. Be coached by a professional coach in a non-intimidating environment. Make some real positive and sustainable changes to your lifestyle. If this sounds like something you would like to do and the person you would like to become, come and join us!

Notes:

- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High

Strength and Conditioning

Eisey's Community Gym Wednesdays 6:15 pm to 7:00 pm. Saturdays 8:30 pm to 9:30 pm. Eisey's Community Gym 137 Old St Clevedon BS21 6BH	Bookings Booking via text or WhatsApp 07771880580 Email training@eisenratersgym.co.uk	Web address http://eisenratersgym.com/ 
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Additional Needs

Blind/Visual Impairment Yes	Deaf/Hard of Hearing Yes	Learning Disability/Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment Yes
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Description:

We use a very safe but effective way of lifting using a system called landmines. The lifting is interspersed with bodyweight drills.

Notes:

- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High

Long Ashton

Outdoors Exercising

Mark Wilkins Running & Fitness Menor Mondays 10:45 – 11:45 am Long Ashton Community Centre Playing Fields 5 Keedwell Hill Long Ashton BS41 9DP.	Bookings Booking via 07835261096 Email Mark.wilkins2020@gmail.com	Web address			
Additional Needs					
Blind/Visual Impairment Yes	Deaf/ Hard of Hearing Yes	Learning Disability/ Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment Yes
Description: Gentle outdoor exercise to improve your health and develop fitness, all enhanced by being out in the fresh air. Starts 27th Jan - 7th April 2025, with a break on 17th Feb for half term.					
Notes: • Pre-booking is required. • The sessions cost £5 each. • Session Intensity Medium/High					

Nailsea

Dance Fitness

Molly Gibson-Dance Fitness Wednesdays 6:00 pm to 7:00 pm. Nailsea School, Mizzymead road, Nailsea BS48 2HN	Bookings Booking via text or WhatsApp 07845719436	Web address			
Additional Needs					
Blind/Visual Impairment No	Deaf/ Hard of Hearing No	Learning Disability/ Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment Yes
Description: Following repetitive sequences to rhythm of the music, full body exercise, high intensity cardio based workout. focuses on getting a sweat on and having fun whilst moving your body. This class is not age specific, sensible children with accompanied adult can attend.					
Notes: • Pre-booking is required. • The sessions cost £6 each. • Session Intensity Medium/High					

Portishead

Senior Strong (over 60's)

Walnut Grove Wellbeing CIC Tuesdays 12:30 pm to 13:45. Thursdays 10:30 am to 11:45 am. 81 Papermill Gardens Portishead BS20 7RL	Bookings Booking via text or WhatsApp 07973386794 Email Candy@walnutgrovewellbeingcic.com	Web address Walnutgrovewellbeingcic.com 
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Additional Needs

Blind/Visual Impairment No	Deaf/Hard of Hearing No	Learning Disability/Difficulty No	Mental Health Condition Yes	Autistic Spectrum Disorder No	Additional Physical Impairment Yes
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Description:

45 minutes of gentle exercise to include cardio, strength, and balance. 30 minutes for a coffee/tea chat and catchup. Aimed out the over 60s wanting to get back into exercise.

Notes:

- Pre-booking **is** required.
- The sessions cost £5 each.
- Session Intensity Low.

Worle

@worle centre

Telephone - 01934 886111

Address - @worle, 58 New Bristol Road Weston- Super-Mare BS22 6AQ

@Worle Please click the link below to see the complete timetable for the activities. Worle CCE		Bookings: Can be made by emailing enquiries@worle.org.uk Or click the link and fill an online booking form. Worle CCE	Web address: Welcome — @Worle 
Classes (various) - Chair Fitness* - Freestyle Step - LBT - Pump - Stretch and Core	Dance - Dance - Fusion - Fitness - Inclusive Dance* - Modern Line Dancing - Sass Class - Zumba - Zumba Gold	Gym based - Gym Circuits - Bands & Bells - Over 50's Strength & Cond. - Strong Nation - Total Body Cond.	Pilates - Fitness - Pilates - Trigger Point
Spin - Express - Intro to - Over 50's - Spin - Spin & Core - Virtual	Tai Chi	Yoga - Functional - Kettle Flow - Sunset - Yoga	
Notes: Pre-booking is required. - The sessions cost £6 each.			

Circuits Training

Plan C Training	Bookings	Web address
Tuesdays 9:15 am to 10:15 am. Saturdays 2:30 pm to 3:30 pm Plan C Training Studio Mendip Avenue Worle Weston Super Mare BS22 6HD	Telephone – 07798907681 07771926558 Email philchurchill@hotmail.co.uk janechurchill77@hotmail.co.uk	www.plan-c-training.co.uk 

Additional Needs

Blind/Visual Impairment Yes	Deaf/ Hard of Hearing Yes	Learning Disability/ Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment Yes
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Description:

Our circuits sessions are held in our matted and equipped studios. Hit-style exercise stations, which can be adapted to individual needs. A fun and relaxed environment where everyone is encouraged to work at their own pace. Our friendly, fully trained staff will be available to advise and assist.

Notes:

- Pre-booking is **not** required, following initial registration.
- The sessions cost £5 each.
- Session Intensity Low/Medium/High

Foundations in Football

All-inclusive 4-8 years, Fun sessions with qualified coaches in a safe environment.

Bookings:

Booking via WhatsApp

WhatsApp – 07979351322

Contact Email – gareth3126@gmail.com

Address - @worle, 58 New Bristol Road Weston-Super-Mare BS22 6AQ



FOUNDATIONS IN FOOTBALL

WHO ARE WE?	DETAILS	CONTACT
- Foundations in Football is a football coaching organisation for children aged 4-8. We pride ourselves in our inclusive ethos and ability to pitch our sessions to meet a wide range of abilities. . - Children can expect friendly and supportive coaches providing fun, engaging and varied sessions including skill based games, small friendly matches and of course the occasional penalty shoot out.	- All Inclusive, 4-8 Years. Fun sessions with qualified coaches, in a safe environment. £25 for a 10 week course £10 registration fee for all new members (includes a football and drinks bottle). £2.50 for a single trial session. - Every Saturday 9am - 9:55am on the 3G @Worle Centre, 58 New Bristol Road.	- We send out a weekly message via WhatsApp to update the parents on which coaches will coach which group. The Red Group take the Reception/Y1 children with the Blue Group taking some Y1, Y2 and Y3 age ranges. - We now use WhatsApp for our weekly group messaging so it would really help if you already have that or sign up to it to make the weekly session.

FEEDBACK
NATASHA PLEWS

"Oliver absolutely loves coming and we will be back for the next course. FIF has hugely built his confidence and interest in football and it's all down to the amazing coaching. Love the fact you do different skills and activities each week which really engages the kids. A big thank you for the football. It's currently been kicked around the house. Thanks for your continued support and commitment coaches!"

Football – Boys and Girls – (4 – 8 yrs.)

Foundations in Football Saturdays 9:00 am – 9:55 am 3G @Worle Centre 58 New Bristol Road WSM BS22 6AQ	Bookings WhatsApp 07979351322	Web address pitchero.com/clubs/foundationsinfootball 
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Additional Needs

Blind/Visual Impairment Yes	Deaf/Hard of Hearing Yes	Learning Disability/Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment Yes
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Description:

Children 4-8 years (Boys & Girls) community football training session, Fun Games, and drill, followed by 20 mins of match day.

Notes:

- Booking via WhatsApp.
- The sessions cost £2.50 each.
- Session Intensity Low/Medium

Martial Arts (ages 4-10 yrs.)

Plan C Training	Bookings	Web address
Mondays 5:15 pm to 6:00 pm. Wednesdays 5:15 pm to 6:00 pm. Plan C Training Studio Mendip Avenue Worle Weston Super Mare BS22 6HD	Telephone – 07798907681 07771926558 Email philchurchill@hotmail.co.uk janechurchill77@hotmail.co.uk	www.plan-c-training.co.uk 

Additional Needs

Blind/Visual Impairment	Deaf/Hard of Hearing	Learning Disability/Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
Yes	Yes	Yes	Yes	Yes	Yes

Description:

Freestyle martial arts and self-defence classes are run in our matted and equipped dojo by our fully trained instructors. Our unique curriculum is designed to be adapted to all ages and abilities.

Notes:

- Pre-booking is **not** required, following initial registration.
- The sessions cost £6 each.
- Session Intensity Medium/High

Martial Arts (ages 11 yrs. +)

Plan C Training	Bookings	Web address
Mondays 6:00 pm to 7:00 pm. Thursdays 6:00 pm to 7:00 pm. Plan C Training Studio Mendip Avenue Worle Weston Super Mare BS22 6HD	Telephone – 07798907681 07771926558 Email philchurchill@hotmail.co.uk janechurchill77@hotmail.co.uk	www.plan-c-training.co.uk 

Additional Needs

Blind/Visual Impairment	Deaf/ Hard of Hearing	Learning Disability/ Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
Yes	Yes	Yes	Yes	Yes	Yes

Description:

Freestyle martial arts and self-defence classes are run in our matted and equipped dojo by our fully trained instructors. Our unique curriculum is designed to be adapted to all ages and abilities.

Notes:

- Pre-booking is **not** required, following initial registration.
- The sessions cost £6 each.
- Session Intensity Medium/High

Self- Defence – Ladies

Plan C Training	Bookings	Web address
Tuesdays 10:30 am to 11:30 am. Thursdays 7:00 pm to 8:00 pm. Plan C Training Studio Mendip Avenue Worle Weston Super Mare BS22 6HD	Telephone – 07798907681 07771926558 Email philchurchill@hotmail.co.uk janechurchill77@hotmail.co.uk	 www.plan-c-training.co.uk

Additional Needs

Blind/Visual Impairment	Deaf/ Hard of Hearing	Learning Disability/ Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
Yes	Yes	Yes	Yes	Yes	Yes

Description:

Ladies-only self-defence classes, run in our matted and equipped dojo by our fully trained instructors. Based on our martial arts curriculum, without the belts and bowing! Our classes are fun and relaxed, a great way to socialize while getting fitter and more confident. All our classes are designed to be adapted to all ages and abilities

Notes:

- Pre-booking is **not** required, following initial registration.
- The sessions cost £6 each.
- Session Intensity Low/Medium/High

Weston-Super-Mare

50+ Sports Club

Hutton Moor Leisure Centre Hutton Moor Road Weston Super Mare BS22 8LY	Bookings 01934 425900	Web address Clubs - Hutton Moor Leisure Centre LeisureCentre.com
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Additional Needs

Blind/Visual Impairment	Deaf/Hard of Hearing	Learning Disability/Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
No	No	No	Yes	No	No

Description:

We are a friendly club aimed at people aged over 50 years to keep fit and meet others of a like mind. We meet Tuesdays and Thursday between 09:00-13:00 and offer a variety of sports including tennis, short tennis (indoors), badminton, racquet ball, table tennis, swimming, aerobics.

Notes:

- Pre-booking is not required.
- The sessions cost £6 each.
- Session Intensity is variable.

60's Go Go Dance

Sophie Kollat Vintage Dance & Fitness Wednesdays 6.30 – 7.30 pm Hans Price Sports Centre, Hans Price Academy Marchfields Way, Weston-Super-Mare BS23 3QP	Bookings Call or message 07487676853	Web address
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Additional Needs

Blind/Visual Impairment	Deaf/ Hard of Hearing	Learning Disability/ Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
No	No	No	Yes	No	No

Description:

60s go go dance is a fun style of dancing set to music from the 1960s. Expect to learn steps like the twist, shimmy and the pony. The class is open to all levels and is a great way to get your body moving in a fun and supportive environment.

The class is aimed at adults. However children aged 10+ can attend if their parent/guardian is also participating in the class.

Notes:

- **Pre-booking is required – call or message**
- The sessions cost £7 each.
- Session intensity is variable.

Body Balance

Hutton Moor Leisure Centre Mondays 10.30 – 11.30 am Wednesdays 7 – 8 pm Hutton Moor Road Weston Super Mare BS22 8LY	Bookings 01934 425900	Web address Swim & Class Timetable - Hutton Moor Leisure Centre LeisureCentre.com
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Additional Needs

Blind/Visual Impairment	Deaf/ Hard of Hearing	Learning Disability/ Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
No	No	No	Yes	No	No

Description:

BODYBALANCE™ is the yoga-based class that will improve your mind, body and life. During BODYBALANCE™, an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and elements of Tai Chi and Pilates.

Notes:

- **Pre-booking is required via telephone.**
- The sessions cost £6 each.
- Session Intensity is variable.

Body Sculpting

Debbie Saunders Workout Wednesdays 10:00 am to 11:00 am. The Potteries Community Centre Langford Road, Weston super Mare, BS23 3PQ	Bookings Booking via email Email wsmssportsaerobic1@btinternet.com		Web address		
Additional Needs					
Blind/Visual Impairment No	Deaf/ Hard of Hearing No	Learning Disability/ Difficulty No	Mental Health Condition Yes	Autistic Spectrum Disorder No	Additional Physical Impairment No
Description: Body Sculpting is a fun and relaxed session of music, using weights and bands to make sure our bodies are strong, fit, and flexible.					
Notes: • Pre-booking is required. • The sessions cost £5 each. • Session Intensity Medium/High.					

Good Boost – MSK Rehab (Land and Aqua)

Hutton Moor Leisure Centre Hutton Moor Road Weston Super Mare BS22 8LY	Bookings/Enquiries 01934 425900	Web address Health Programme - Hutton Moor Leisure Centre LeisureCentre.com
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Additional Needs

Blind/Visual Impairment	Deaf/Hard of Hearing	Learning Disability/Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
No	No	No	Yes	No	No

Description:

Good Boost provides a flexible approach to supporting you with your muscle or joint pain through gentle aqua and land based exercise rehabilitation classes.

Using information provided about your unique muscle or joint condition, sessions are individually tailored to allow you to progress through your exercises at your own pace and have been built by experts in order to reduce pain and improve your strength and mobility.

Notes:

- **GP or healthcare practitioner referral required.**
- Pre-booking is not required, however please contact Reception to discuss your requirements.
- The sessions cost £6 each.
- Session Intensity is variable.

Table Tennis

Weston Table Tennis Community Thursdays 7:00 to 9:00pm Broadoak Academy, Windwhistle Road, Weston-Super-Mare, BS23 4NP	Bookings Booking via email ceo@wttc.uk	Web address https://www.tabletennis365.com/Weston 
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Additional Needs

Blind/Visual Impairment	Deaf/Hard of Hearing	Learning Disability/Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
No	Yes	Yes	Yes	Yes	Yes

Description:

Table Tennis organised into differing abilities.

Notes:

- Pre-booking **is** required.
- The sessions cost £5 each.
- Session Intensity Medium/High.

Tennis - Parent & Child

Me Day Sports Tennis Coaching Tuesdays 4:15 pm to 5:00 pm. Ashcombe Park, Upper Bristol Road, Weston-Super-Mare, BS22 8BT	Bookings Telephone - 07378315419 Email medaysam@gmail.com	Web address <u>Samuel Kiladejo Coaching / Tennis coaching / Meday Sports. (Ita.org.uk)</u> 
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Additional Needs

Blind/Visual Impairment	Deaf/Hard of Hearing	Learning Disability/Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
No	No	Yes	Yes	Yes	No

Description:

This will look a bit more like tennis you know. You'll be involved in helping your child to learn how to overarm serve, rally & volley. We will team up to help children to further develop their co-ordination, balance and speed. We'll introduce a relaxed competition here too.

Notes:

- Booking via email.
- The sessions cost £6 each.
- Sessions only run from April to the end of October.

Tennis, Short Tennis, and Pickleball - juniors

Priory Tennis Club	Bookings	Web address
Thursdays 5:00 pm to 6:00 pm. Hutton Moor Leisure Centre Hutton Moor Road Weston Super Mare BS22 8LY	Telephone - 07986274393 Email Simonholloway55@icloud.com	www.priorytennisclub.co.uk 

Additional Needs

Blind/Visual Impairment	Deaf/Hard of Hearing	Learning Disability/Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
Yes	Yes	Yes	Yes	Yes	Yes

Description:

Tennis for beginners, also short tennis, or pickleball. Includes warm-up drills, ball skills, cardio exercises, team games, and quizzes.

Notes:

- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High

Tennis - Walking

Meday Sports Tennis Coaching Fridays 10:00 am to 11:00 am. Ashcombe Park, Upper Bristol Road, Weston-Super-Mare, BS22 8BT	Bookings Telephone - 07378315419 Email medaysam@gmail.com	Web address <u>Samuel Kiladejo Coaching / Tennis coaching / Meday Sports. (Ita.org.uk)</u> 
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Additional Needs

Blind/Visual Impairment No	Deaf/Hard of Hearing No	Learning Disability/Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder No	Additional Physical Impairment Yes
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Description:

Sessions will cover the basics of tennis at a walking pace and create space to practice playing competitive walking tennis.

Notes:

- Booking via email.
- The sessions cost £6 each.
- Sessions only run from April to the end of October.

Yoga for Relaxation

Sada Yoga Mondays 7 – 8 pm The Stable, 3 - 6 Wadham Street, Weston Super Mare, BS23 1JY	Bookings http://www.sadayoga.co.uk/classes Enquiries: Email info@sadayoga.co.uk	Web address https://sadayoga.co.uk/
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Additional Needs

Blind/ Visual Impairment No	Deaf/ Hard of Hearing No	Learning Disability / Difficulty No	Mental Health Condition Yes	Autistic Spectrum Disorder No	Additional Physical Impair- ment No
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Description:

Are you ready to release stress, ease tension, and quiet the mental chatter so you can feel calm, grounded, and more resilient? These sessions are your chance to pause and reset. Using gentle postures, mindful breathing, and deeply relaxing meditation practices like Yoga Nidra, we'll help calm your nervous system, quiet your mind, and restore your energy. Come as you are; leave feeling lighter, rested, and renewed.

Notes:

- Pre-booking is required via <http://www.sadayoga.co.uk/classes>
- The sessions cost £7 each.
- Session Intensity Low/Medium

FREE ACTIVITIES

More free activities are listed on North Somerset Council's 'Active Directory', that can be found on the [Better Health Website](#).

Yatton – FREE Activities

Cycling - Activities

Strawberry Line Cycles Contact to arrange a session Strawberry Line Cycle Project Yatton Railway Station Yatton BS49 4AJ	Bookings Email strawberrylineprojects@gmail.com	Web address https://www.strawberrycycles.com/ 
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Additional Needs

Blind/Visual Impairment Yes	Deaf/Hard of Hearing Yes	Learning Disability/Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment Yes
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Description:

- Inclusive cycling

We have a range of bikes, trikes, handcycles and other adaptive bikes, so offer a variety of ways to get you pedalling. The Strawberry Line Cycle Path offers a safe, traffic free route for our course.

- Trike lessons
- Return to cycling
- Return to cycling

These activities are FREE of charge, available and accessible to everyone, designed to develop cycling skills, offer health benefits and confidence.

Notes:

- Pre-booking **is** required.
- The sessions are **free**.

Cycling – Inclusive Skills Session

Strawberry Line Cycles	Bookings	Web address
Wednesdays 10:00 am to 4:00 pm. Strawberry Line Cycle Project Yatton Railway Station Yatton BS49 4AJ	Email strawberrylineprojects@gmail.com	https://www.strawberrycycles.com/ 

Additional Needs

Blind/Visual Impairment	Deaf/Hard of Hearing	Learning Disability/Difficulty	Mental Health Condition	Autistic Spectrum Disorder	Additional Physical Impairment
Yes	Yes	Yes	Yes	Yes	Yes

Description:

We have a range of bikes, trikes, handcycles, and other adaptive bikes, so we offer a variety of ways to get you pedalling. The Strawberry Line Cycle Path offers a safe, traffic-free route for our course.

Notes:

- Pre-booking **is** required.
- The sessions are **free**.

Cycling - Lessons for Young People with Additional Needs

Strawberry Line Cycles Saturdays Strawberry Line Cycle Project Yatton Railway Station Yatton BS49 4AJ	Bookings Email strawberrylineprojects@gmail.com	Web address https://www.strawberrycycles.com/ 
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Additional Needs

Blind/Visual Impairment Yes	Deaf/Hard of Hearing Yes	Learning Disability/Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment Yes
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Description:

We have availability on Saturdays for free 1:1 cycle lessons, using our fantastic range of adaptive bikes and trikes. The 30 minute sessions are a great way to introduce cycle skills and develop further confidence.

Notes:

- Pre-booking **is** required.
- The sessions are **free**.