



Wokingham Active Adults

Autumn term
2016

Wokingham Active Adults is a physical activity programme run by Wokingham Borough Council.

All sessions are run within the borough and are aimed at people over 16. The sessions are adapted for all abilities so whether you want to get fit, stay healthy or try something new, there is a Wokingham Active Adult session for you.

» www.wokingham.gov.uk/activeadults



WOKINGHAM
BOROUGH COUNCIL

Start of Autumn Term 5th September – 16th December.

Boxercise

Member Price
£47.60

14
sessions

Where	When	Non Member Price
Ashridge Room, Cantley Park, 7.30pm - 8.30pm	Monday	£56

Pilates

Member Price
£59.50

14
sessions

Where	When	Non Member Price
Ashridge Room, Cantley Park, 9.30am - 10.30am	Tuesday	£70
Carnival Pool, Wellington Road, 12.15pm - 1pm	Tuesday	£70
Ashridge Room, Cantley Park, 6.30pm - 7.30pm	Tuesday	£70
Ashridge Room, Cantley Park, 8pm - 9pm	Thursday	£70

Zumba

Member Price
£47.60

14
sessions

Where	When	Non Member Price
Wokingham Baptist Church, Milton Road, 5.30pm - 6.30pm	Tuesday	£56

Kettlercise

Member Price
£47.60

14
sessions

Where	When	Non Member Price
Ashridge Room, Cantley Park, 7.30pm - 8.30pm	Tuesday	£56

No sessions from the 24th – 28th October.

Beginners Couch to 5k Running Club

Member Price
£47.60

14
sessions

Where	When	Non Member Price
Meet at Shute End Car Park, 5.30pm - 6.30pm	Wednesday	£56

Yoga

Member Price
£47.60

14
sessions

Where	When	Non Member Price
David Hicks Room, Shute End, 12.15pm to 1pm	Friday	£56

From 2nd November to 21st December

Circuits

Member Price
£27.20

8
sessions

Where	When	Non Member Price
Ashridge Room, Cantley Park, 6.30pm - 7.30pm	Wednesday	£32

Aerobics

Member Price
£27.20

8
sessions

Where	When	Non Member Price
Ashridge Room, Cantley Park, 7.30pm - 8.30pm	Wednesday	£32

Free taster session available before you commit to buying a block of sessions.

Contact Us...

Mrs W - "Joining the Wokingham Active Adults Boxercise class in September last year has kick-started my new healthier lifestyle. The classes have enabled me to work at my own pace, grow in confidence and I have noticed a huge improvement in my fitness levels. I can now run - something I never thought I'd be able to do! Along with healthy eating I have now lost nearly four stone."

Mr W - "Joining the Boxercise class along with my wife was the start we needed on our journey to a new healthier lifestyle. It has been great to discover something we can do together with no pressure on our ability or level of fitness. I have since gone on to join the Kettlercise class which I am thoroughly enjoying and losing 2 stone feels amazing."

Mrs H says - "would recommend Pilates to everyone, thoroughly enjoy it, strengthens muscle tone, improves stamina, flexibility, posture and uses muscles I didn't even know existed"

If you have any further questions about anything you have seen in this booklet please contact us on:



Tel: (0118) 974 3728



Email: sport@wokingham.gov.uk



Visit www.wokingham.gov.uk and search for 'active adults' for more details.



Sports & Leisure, Wokingham Borough Council, Shute End, Wokingham, Berkshire, RG40 1WL

Please also follow us on Twitter and Facebook for updates on our future courses.



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