

ACTIVITIES FOR WHICH YOU HAVE TO PAY

BICESTER LEISURE CENTRE

Different activities are available: Zumba, yoga, LBT, aerobics, Walking Football for over 50s, swimming for over 50's, cardiac rehab, GP referral Gym, Senior Citizen fitness.

Various days and times

Monthly or annual membership. Many activities are available per session or group of sessions without membership. Prices vary from £2.50 per session.

Contact: www.leisurecentre.com and click on "Bicester" or call 01869 253914

GENERATION GAMES (OVER 50S)

"Strength and Balance" Class

Bicester Methodist Hall

Mondays 1.30—2.30pm

£4.00 First session free

Chair based exercise

Saxon Court, Bicester

Thursdays 10.30—11.30am

£3.50 per session

Piddington Village Hall

Mondays 2.00—3.00pm

£4.00 First session free

Tai Chi

Bicester Methodist Hall

Tuesdays 2.00—3.00pm

£4.00 First session free

Contact: Oxfordshire Age UK Generation Games
Call 01235 849403 or www.generationgames.org.uk

SEED BARN LINE DANCING

Bicester Methodist Hall

Wednesdays 2.00—3.30pm All Welcome!

Contact: Margaret Stratton through

Bicester Methodist Hall

email churchadmin@bicestermethodist.org.uk or
call 01869 323030.

YOGA

Clifton Centre, Ashdene Road, Bicester, OX26 2BH

PILATES

Chesterton Youth and Community Centre

2 Geminus Road, Chesterton, Bicester, OX26 1BJ

£27 for 4 classes

Contact: Elaine Whittaker email: elaine@yogabeing.co.uk

ACTIVITIES FOR WHICH YOU HAVE TO PAY

PILATES / ZUMBA

East Bicester Community Centre

Keble Road, Bicester, OX26 4TB

Mondays 6.00—9.00pm

Tuesdays 6.00—8.15pm

Wednesdays 5.45—6.45pm

Thursdays 8.15—9.15pm

Fridays 9.00—11.30am

Prices are shown on the website. Examples: First class £7.50, 6 week beginners Pilates £50.00

Contact: the centre 07934 4270291

or www.facebook.com/BicesterEast

Ros White 07801 896295 or

www.realresultsbicesterfitness.co.uk

YOGA

East Bicester Community Centre

Keble Road, Bicester, OX26 4TB

Wednesdays 7.00—8.00pm all year

Class minimum is 3 and price is £8.00 a session

Contact: the centre 07934 4270291

or www.facebook.com/BicesterEast

Nadine Sandjo 07981 229642 or email

nad_1804@yahoo.co.uk

SOUTH INDIAN CLASSICAL DANCE

Physical exercise dance for any age group

East Bicester Community Centre

Keble Road, Bicester, OX26 4TB

Thursday and Friday evenings

£6.00 per lesson in a group with fully qualified dance instructor.

Contact: the centre 07934 4270291

or www.facebook.com/BicesterEast

Shahila Gokulakrishna

email gokulashahi2009@googlemail.com

COMING IN EARLY 2018

Dance to Health—Falls prevention dance programme

Whitelands Farm Leisure Centre, Bicester

Tuesdays 1.30pm

Contact: Hannah Gray, Dance to Health coordinator

01993 870158 or email HannahGray@ae-sop.org

NOTE: *The information presented in this leaflet is provided in good faith and is accurate and reliable to the best of our knowledge and belief, but is not guaranteed to be so. It is the responsibility of the reader to verify the information and to establish the suitability of any activities. Nothing herein is to be construed as recommending any activity organiser or provider.*



ONE STEP AT A TIME



**A guide to physical
activities you can do at
home, in the area, on your
own or with others.**



This leaflet is one of the projects by the Bicester Health Centre PPG to help practice and patients.

Each GP practice in England has a Patient Participation group which you can join..

AT HOME using information from NHS online and/or information from your GP or physiotherapist

When: Any time to suit YOU

If you are not sure: you may need to check what is suitable for YOU at your next GP appointment

Where: <https://www.nhs.uk/Conditions/nhs-fitness-studio/Pages/welcome-to-nhs-fitness-studio.aspx> and/or type into a search engine NHS Fitness Studio, to choose exercise videos which you would like to try or which go with your existing exercise programme.

GETTING OUTSIDE with other people in a small group – become more confident

CHERWELL HEALTH WALKS

All Walks are accompanied

Where: **BICESTER Coker Close**

Saturdays 11.30am Meet in the Health Centre car park Grade 1/2

Langford Village

Sundays 11.30am Meet outside Langford Medical Centre Grade 1/2

Bure Park

Tuesdays 6.30pm Meet outside former North Bicester Surgery

Grade 1/2

and Thursdays 11.30am Meet outside the chip shop near former surgery Grade 1/2

Where: AYNHO, South Northants

Thursdays 10am

Meet at the sports pavilion, off Charlton Road for all walks. Grade 1 2 or 3

Contact: Colin Hull - Sport & Recreation Activities Assistant 01295 221803 or 07740 774032 or email colin.hull@cherwellandsouthnorthants.gov.uk

Grade 1 - up to 30 minutes on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles.

Grade 2 - between 30 and 60 minutes and may include some moderate slopes, steps, uneven surfaces and possibly stiles.

Grade 3 - between 45 and 90 minutes and may include steeper slopes, steps, uneven surfaces and stiles.

Progression Walks - longer than 90 minutes and are likely to include slopes, steps, stiles and uneven surfaces.

BUCKS WALKS

Where: Marsh Gibbon

Mondays Simply Walk

Levels similar to Cherwell

Contact: Fiona Broadbent 01494 475367 or 07802 260812 Buckinghamshire CC

Email: Walks@buckscc.gov.uk

RAMBLERS

Advertised dates and full information with distances is listed in Oxford Times events page & on website

www.ramblers-oxon.org.uk then click on

“Bicester and Kidlington Group” or

call 01491 608109

BICESTER GREEN GYM

Outside conservation work—work at your own pace. Skills taught and tools provided.

Various days and depending on the seasons

Various places e.g. Bure Park, Langford Village,

Car sharing if going outside Bicester

Contact: www.bicestergreengym.org

BICESTER SOCIAL CYCLE.

Regain your confidence. No special clothes needed. There will be someone in front and someone behind the cyclists! First three rides are free, after that there will be a charge.

April to September Wednesdays from 6.30pm Meet outside Health Centre in Coker Close

1st Sunday and 3rd Saturday of each month

Contact: www.cyclinguk.org/local-groups/Bicester-social-cycling or

Bicester-social-cycling or

Call Monica Mehers 07974 821009

COMING IN SPRING 2018

Possible Nordic Walking Group

GOING OUTSIDE with friends and family or by yourself

NEIGHBOURHOOD GREEN SPACES

Whenever you want to go. You will see people walking slowly or jogging or perhaps running. You do what you feel you can.

Where: Bure Park, Shakespeare Drive, Southwold, Pingle Field, Garth Park, alongside the new Sports Village at Whitelands Farm Sports Ground, Jubilee Lake, Langford Community Orchard, Langford Village, Launton Meadows

Contact: For Green Spaces map:

www.ecobicester.org.uk/cms/content/bicesters-green-spaces .

BICESTER BLUE LINE HEALTH ROUTES.

There are THREE 5km routes

Contact: for maps to follow the BLUE lines

www.ecobicester.org.uk/cms/node/429#.WiiYYNJI-Uk