

One Step at a Time

A Guide to Local Physical Activities



Free or for a Small Charge,
at Home or in the Local Area,
on Your Own or With Others



This is one of the projects by the **Bicester Health Centre PPG** to help patients in the Bicester area.

Edition 7 Summer 2026

Activities you pay for

£: check fees or subscriptions when you make contact

AGE UK BICESTER CLASSES:

Contact: 01235 849403

Kingsmere Community Centre

Strength & Balance - Wednesdays at 2:15pm

Bicester Methodist Church Hall

Strength & Balance Light - Mondays at 9:45am

Strength & Balance - Mondays at 11:30am

DANCE CREATIVE

www.dance-creative.co.uk

Email: info@dance-creative.co.uk

Tues 2-3pm at Clifton Centre, online Mon 2-3.



YOGA: there are different levels, places and £s for you to ask about:

1. www.yogabeing.co.uk Also QiGong for upright exercises 07917 453224 Elaine Whittaker or elaine@yogabeing.co.uk

2. Kristina Green Yoga: 07595 587784 or kristinagreenyoga@gmail.com

WALKING FOOTBALL: Bicester Fossils Walking Football Club. Ladies' and men's sessions; please contact for days/times.

Contact: stevempayne1@gmail.com

aliepayne1@gmail.com

www.facebook.com/groups/396458010831424/

<https://owfl.co.uk/bicester-fossils>



Mostly Free Activities at Home

Exercise using information from your GP or physiotherapist and/or the THREE links below **FREE** except items **SHOWN IN RED £**

Online/Phone Links

1) www.nhs.uk/live-well/exercise There are online videos of 23 instructor led classes.

For in-person classes see previous Age UK listing under "Activities You Have to Pay For"

Email: active@ageukoxfordshire.org

2) www.getoxfordshireactive.org/move-together

A variety of activities for all ages outside.

01295 221575 **Details of £ different groups/classes**

Activities Outside with other people in a small group - become more confident.

FOR ALL WALKS & OUTSIDE ACTIVITIES Wear suitable footwear & clothing; take a stick if needed. Take water if a longer walk.

RAMBLERS WALKS IN CHERWELL

This site will give you dates, times, start point and distance. **£ Fee for membership.**

Contact: Gillian Hawkins 07749 815 557

<https://www.ramblers-oxon.org.uk/bicester-kidlington.html>

Put your postcode in the following site to see the nearest **easier walks** with dates, times and other details: <https://www.ramblers.org.uk/go-walking/wellbeing-walks>

Mostly Free Activities Outside

MARSH GIBBON WEEKLY WALK

Mondays – 10:15 ready to walk at 10:30.

60–90 minutes. Free Parking

Meet outside United Reform Church, Tompkins Lane, Marsh Gibbon, OX27 0EX

www.buckinghamshire.gov.uk/health-wellbeing-and-sports/sports-fitness-and-leisure/simply-walk/

Please register, via the website, before you join your **first** walk. You do not have to book for a walk each time.

BICESTER GREEN GYM

Outside conservation work at your own pace. Skills taught and tools provided. Tuesday am, various places e.g., Bure Park, Langford village.

Car sharing if going outside Bicester

Contact: bicgreengym@gmail.com

Website: www.bicestergreengym.org.



BICESTER PARKRUN

Saturdays 09:00 A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer!

See website: parkrun.org.uk/bicester for route in Langford Fields, Langford Village, Bicester, OX26 6SX.

Email bicester@parkrun.com

You must sign up before the first run:

parkrun.org.uk/register/?eventName=bicester

LEARN TO SQUARE DANCE £

(with Heyford Hoofers) Tuesdays 7.45 pm

St. Edburg's Church Hall, Old Place Yard, Bicester OX26 6AU chdavis@hotmail.co.uk

Call instructor Bob on 07903 164789

Mostly Free Activities Outside

BICESTER CYCLING CLUB

E-mail: bicestercyclinggroup@gmail.com

Web: www.bicestercycling.uk

BICESTER MILLENNIUM CYCLE CLUB

Start with a taster ride from Bicester Leisure Centre 9 am on 4th Saturday of the month (spring-autumn).

Email: membership@bmcc2000.com

www.bmcc2000.com/bmcc-all-rides/

www.facebook.com/groups/bmcc2000

BICESTER 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.



HEALTH ROUTES IN BICESTER

<https://www.cherwell.gov.uk/info/3/leisure-and-wellbeing/246/countryside-walks-and-health-routes/6>

Then choose a map and route from:

[Bicester West Health Route](#)

[Bicester Langford Health Route](#)

[Bicester North East Health Route](#)



Places in Bicester where different physical activities are held: £

Bicester Leisure Centre:

Queens Avenue, Bicester OX26 2NR: 01869 253914

Bicester Methodist Church Hall: Bell Lane Bicester OX26 6JQ: Entrance behind church

Chesterton Community Centre: 2 Geminus Road Chesterton OX26 1BJ: 07526 732115

Clifton Centre: 23 Ashdene Rd. OX26 2BH

East Bicester Community Centre: Keble Road Bicester OX26 4TB: 07934 4270291 or Email: becahire@gmail.com
www.facebook.com/BicesterEast

Kingsmere Community Centre: Whitelands Way Bicester OX26 1EG: 0333 555 6789
facebook.com/KingsmereCommunityCentre

West Bicester Community Centre: Shakespeare Drive, Bicester OX26 2GJ: 07845 787885

Whitelands Farm Sports Centre: Whitelands Way Bicester OX26 1AJ: whitelands@bicester.gov.uk



Leaflet by the Bicester Health Centre PPG

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.*