

# Stockwell Wellbeing Hub Fitness and Activity Classes

From Monday 3rd March 2025

- Fitness classes
- Active Health classes
- Externally run activities

- Social and support groups
- Family activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fitball</b> 9.05 - 9.50am	<b>Circuits</b> 9 - 9.45am	<b>Total Tone</b> 9.15 - 10am	<b>Advanced Balance</b> 9.30 - 10.15am	<b>Fitmix</b> 9.30 - 10.30am		<b>KIXX</b> 9 - 11.40am
<b>Tai Chi</b> 9.45 - 10.45am	<b>Healthy You</b> 10:30am - 12noon	<b>Table tennis</b> 10.15am - 12.15pm	<b>Pilates and stretch</b> 9.30 - 10.30am	<b>Conversational French</b> 9.30 - 11am	<b>Kids Inclusive Social Saturday</b> 10am - 1pm	
<b>Falls Prevention (Thrive)</b> 11am - 12noon	<b>Cook and eat</b> 11 - 1pm	<b>Yoga Therapy</b> 12.30 - 1.15pm	<b>Pilates for men</b> 10.45 - 11.45am	<b>Pilates and Stretch</b> 10.30 - 11.30am		
<b>Falls Prevention (Social)</b> 12noon - 12.30pm	<b>Seated Exercise</b> 11.15am - 12.15pm		<b>Falls Prevention (Succeed)</b> 12 - 1pm	<b>Functional Fitness</b> 11.45am - 12.30pm		
<b>Fit4Function</b> 12.45 - 1.30pm	<b>Functional Fitness</b> 12.45 - 1.30	<b>Gardening Group</b> 12.45 - 2.45pm	<b>Postural Stability (Thrive)</b> 1.30 - 2.30pm			
	<b>Falls Prevention (Start)</b> 1.45 - 2.45pm		<b>Tai Chi with Caren</b> 1.30 - 2.30pm	<b>Trinity Tea Dance</b> 1.45 - 4pm		
<b>Fit4Future (Succeed)</b> 2.15 - 3pm			<b>Crochet social</b> 3 - 4pm			
<b>Fit4Future (Thrive)</b> 3.15 - 4pm			<b>Healthy You</b> 3 - 4.30pm			
<b>Cardiac Rehab (Phase 4)</b> 4.30 - 5.45pm	<b>Girls Group</b> 4 - 6pm	<b>Pilates and Stretch</b> 4 - 4.45pm				
<b>Tai Chi with Caren</b> 7 - 8pm	<b>Tai Chi</b> 6.15 - 7.15pm	<b>((Bounce))™ Blast</b> 6.30 - 7.15pm	<b>Circuits</b> 6.45 - 7.30pm			

[www.northyorks.gov.uk/active](http://www.northyorks.gov.uk/active)  
01423 862702



## **Fitness classes – open for all members**

**Advanced balance** – Lower leg strength and balance class, aimed to improve lower body strength, balance and co-ordination. This will help you safely perform everyday activities with confidence. Aimed at an already active adult wanting to increase their confidence, strength or continuing rehabilitation from injury.

**Circuits** – Fun and effective stations with lots of different equipment to play with.

**Fitball** – A class using Fitballs for core strength, conditioning and toning.

**Functional Fitness** – This session uses easy to follow aerobic moves and exercises to keep you active, fit, strong and ready for life.

**Pilates and stretch** – These sessions will help you lengthen and strengthen your muscles, improve your core strength, your stability and mobility. Suitable for beginners and people with more experience.

**Total Tone** – A classic mat-based toning class designed to sculpt and tone the body. Suitable for all levels.

**Yoga Therapy** – A holistic approach that combines the ancient wisdom of yoga with modern therapeutic techniques. It focuses on using breathwork, gentle stretches, and relaxation techniques to support individuals in their physical, emotional, and mental wellbeing.

**All fitness classes are free to Active North Yorkshire members or £6.20 per class for non members. To book call us on 01423 862702, or via the Active North Yorkshire Active App.**

## **Active Health Classes**

**– open for all members but may require an assessment before attendance**

**Cardiac rehab (phase 4)** – a circuit based exercise class designed specifically for people who have had a cardiac event to improve physical and mental wellbeing. In partnership with Harrogate District Hospital Cardiac rehabilitation nurses. To book contact active.health@northyorks.gov.uk tel: 01423 556106.

**Falls prevention** – This is a gentle exercise class designed to improve your strength and balance, enabling you to enjoy more physical activity, while reducing the risk of a fall. To book contact active.health@northyorks.gov.uk tel: 01423 556106.

**Fit4Function** – Class designed to improve posture, strength, agility, co-ordination, balance and general health to reduce risk of falls with an extra focus on lower body muscular strength with people with Osteoarthritis. To book contact active.health@northyorks.gov.uk tel: 01423 556106.

**Fit4Future** – An exercise class for people undergoing treatments, after treatment or recovering from cancer. Referral only. To book contact active.health@brimhamsactive.co.uk tel: 01423 556106

**Healthy You** – A 12 week weight management programme. Participants must be over 18 with a BMI of 30+ to attend. Course includes nutritional and lifestyle advice. Visit [www.northyorks.gov.uk/healthy-living/healthy-you](http://www.northyorks.gov.uk/healthy-living/healthy-you) to register for the programme or phone 01423 556106 for more info.

**PSI (Postural Stability)** – A class designed to increase strength, balance and co-ordination for those already active. Includes cardiovascular work as well as strength exercises to help get down to and up from the floor.

**Seated exercise** – A low level seated exercise class suitable for all abilities. To book contact active.health@northyorks.gov.uk tel: 01423 556106.

**All Active Health classes are free to Active North Yorkshire members or £5.60 per class for non members. To book call us on 01423 556106.**

## **Externally run activities**

**((Bounce)) TM Blast** – High energy mini trampoline fitness. Suitable for everyone. Contact Georgia Sands on 07341 661244 [georgiabounce@outlook.com](mailto:georgiabounce@outlook.com)

**Conversational French** – Come and join Knaresborough French group for a tutored conversational French class. Contact [laurencephillip1907@gmail.com](mailto:laurencephillip1907@gmail.com)

**Fit Mix** – Energy fitness and wellbeing – The ultimate mix and variety of exercises. Book to secure your place. Contact 07817 502768.

**KIXX** – Football training and classes for toddlers and kids including for 2, 3, 4 and 5-11 year olds. [kixx.org.uk/harrogate](http://kixx.org.uk/harrogate)

**Pilates for men** – Energy fitness and wellbeing – Bring your own mat and kit. Book to secure your place. Contact 07817 502768.

**Table tennis** – A casual over 50's table tennis group, everyone welcome. Tea and biscuits included. £3. Contact Stephen Knight 07768 980006.

**Tai Chi** – The movement of Tai Chi benefits joints, muscles and posture, relaxes the mind and the body, improves concentration, coordination and improves physical and emotional balance. All ages and abilities welcome. £7 Contact Brian Douglas; [briandouglas2001@hotmail.com](mailto:briandouglas2001@hotmail.com) 07388 894428.

**Tai Chi with Caren** – Tai Chi consists of slow movements that gently aids suppleness and flexibility of the joints. It improves balance, coordination, stamina, energy levels and mental focus. It relieves stress and calms the mind. Contact Caren Fox [foxcaren@gmail.com](mailto:foxcaren@gmail.com) or 07510 341648.

**Trinity Dance Club** – Sequence dancing. £2.50 including tea, cakes and a raffle. Contact John 01423 862641 or 07832128619 for more details.

## **Social and support groups**

**Cook and eat** – Do you have difficulty cooking a meal? Trying to manage on a budget? We'll work together to cook a nutritious meal using donated produce which you can enjoy at the centre or take home. Open to all regardless of ability. Free. Contact [stockwellcwh@northyorks.gov.uk](mailto:stockwellcwh@northyorks.gov.uk) or tel 01423 862702.

**Crochet Social** – A relaxed and friendly social group for crochet and knitting. Come and join us with existing projects or start new ones. No experience necessary. £3 including refreshments.

**Gardening group** – come and join the Green team to help us build new raised beds and plant fruit and veg as part of the incredible edible Knaresborough project. Free. To find out more contact [stockwellcwh@northyorks.gov.uk](mailto:stockwellcwh@northyorks.gov.uk) or tel 01423 862702.

## **Family activities**

**Girls group** – Quiet and friendly social group aimed at girls aged 9-19 who find social situations difficult or too busy and noisy. £5.50. Contact Danielle Mulholland 07525 988145

**KISS – Kids Inclusive Social Saturday** – Fun inclusive play activities with arts, crafts, games and sports. £20 per session. Booking essential, contact Danielle on 07525 988145.