

FIND A LOCAL ACTIVITY FOR YOU



GO Active

Get Healthy



Health Walks

Health Walks are **FREE**, gentle walks (typically 30-60 minutes) taken at a pace suitable for all. No need to book. Just turn up to the listed meeting place, where you'll be able to meet the Health Walk Leader who will ask you to fill in a form. You're then free to attend any health walks. No special walking gear needed, just wear shoes and clothes you're happy to walk in! Everyone's welcome! A great way to meet new people, while getting some gentle exercise.

Bury Knowle Park 🚲

Meet Outside library
Fridays, 10 - 11am, FREE

Countryside n Cobbles 🚲

Meet inside the Town Hall Cafe
Tuesdays, 10 – 11am, FREE

Hinksey Park 🚲

Meet in the car park
Wednesdays, FREE, 10 – 11am*
*(1st Wednesday Walk of the Month will take place from Christ Church Meadows at 10.15 am instead)

Summertown 🚲

Meet at the NOA Community Centre
Tuesdays, 10 – 11am, FREE

Jericho 🚲

Meet inside Jericho Health Centre.
Thursdays 1.30 – 2.30pm, FREE

***NEW* Rose Hill (Fortnightly)** 🚲

Meet in Rose Hill Community Centre Foyer
Every other Monday from 15th April 2019
13.30-14.30pm, FREE

University Parks 🚲

Meet at Keble Gate,
University Parks
Saturdays, 10 – 11am, FREE

Donnington Health Centre 🚲

Meet outside Donnington Health Centre
Wednesdays 11am – 12pm, FREE

Up for it walks 🚲

Take the next step up from Health Walks and try these more challenging walks up to 3.5 miles long.

Meet at bottom of Headington Hill Park
Every 1st Thursday of the month, 10am,
FREE

For more information about any of these activities, or about GO Active or Active Women please contact:

Emma Collins at ✉ ecollins@oxford.gov.uk or on ☎ 07483007114

Or visit: <https://www.getoxfordshireactive.org/go-active-get-healthy-oxford-cit>

Walking My Way to Running (Women only)



For ladies looking for a fun way to get fit through walking. All fitness levels and abilities welcome.

Tuesdays 10am

Bury Knowle Park, FREE

More info at:

<https://groups.runtogether.co.uk/WalkingmywaytoRunning>

Contact Sophie:

✉ walkingmywaytorunning@gmail.com

Jogging

Silver Joggers

Meet at London Road entrance to Bury Knowle Park, Headington

Thursdays, 9.30am, regular joggers

Thursdays, 10.30am, beginners

FREE, No need to book. All abilities welcome!

✉ silverjoggers@gmail.com

<http://www.silverjoggers.club/>

Couch to 5k programme

New programme starting 25th April

Thursdays, 10.30am, suitable for

absolute beginners this programme includes a mixture of walking and running to build your fitness and stamina towards running 5k at your own pace.

FREE, No need to book. All abilities welcome!

✉ silverjoggers@gmail.com

<http://www.silverjoggers.club/>

Garden Café Runners

(Women only) 

This friendly jogging group is perfect for beginners or those returning to exercise. All runs are led by qualified jog leaders and are taken at a steady pace to suit all abilities.

Meet at the Garden Café, Cowley Road

Wednesdays, 10 – 11am

FREE

Book at:

<https://groups.runtogether.co.uk/GardenCafeRunners>

Learn to Nordic Walk Courses

Taster sessions and regular walks available – please contact instructor for more details

Booking essential at

www.nordicwalking.co.uk

Regular courses available

Equipment provided

Price dependent on course

Cotteslowe Park

For more details and prices:

Contact Kate Wilkinson at

✉ nordicwalkingoxford@gmail.com

Online booking at

www.dreamingspiresnordicwalking.co.uk

Bury Knowle Park

For more details and prices:

Contact Marion marionharris@nwuk.net / 07917 861507

www.dreamingspiresnordicwalking.co.uk


Shotover Park

For more details and prices:

Contact: ✉ nicjamesmoore@nwuk.net

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Or visit: : <https://www.getoxfordshireactive.org/go-active-get-healthy-oxford-cit>

 - Bike Racks
located nearby

Fitness Classes

Town Hall Zumba

Oxford Town Hall

Mondays, 12.10-13.10pm

£3 per session

✉ zumbawithmarianaoxford@gmail.com

Oxford Community Aqua Wellbeing

Water based rehabilitation programmes suitable for everyone.

Barton Leisure Centre

Wednesdays 11:00am - 12:00pm

(New participants need to arrive for 10:30am for registration)

£5.00 - for all participants

Fridays 2:00pm - 3:00pm,

(New participants need to arrive for 1:30pm for registration)

£5.00 - for all participants

New Ferry Leisure Centre

Mondays 11am – 12pm (New participants need to arrive at 10.30am for registration)

£5.00 - for all participants

Booking is essential, please call

on 07775425388

More info: <https://www.ocaw.co.uk/>

Tai Chi

Suitable for beginners this class is a great, gentle way to de-stress and improve your stamina and power.

Fridays 10.35 – 11.35am

No need to book

Rose Hill Community Centre, OX4 4HF

£5 per session

For more info:

Please contact Amy Thakurdas

athakurdas@gmail.com 07860 217771

Rose Hill Community Centre Classes



All classes £3.50 for existing RHCC gym members or £5 for non members. Book in advance to guarantee place by calling RHCC on ☎ 01865 749597

Pilates

Fridays

9.30am to 10.30am

Park Club Oxford Classes

We've teamed up with the Park Club to offer the following exclusively for GO Active, Get Healthy Participants.

All classes at Park Club Oxford - Ozone

Leisure Park, Grenoble Rd, Oxford OX4 4XP

Free Swim and Swim Pass for 6 visits

For info please contact Emma Collins

ecollins@oxford.gov.uk or on

☎ 07483007114

Friday Senior Circuits


Fridays 9.15-10.15am

Pre-book 1 day before by calling:

01865 335300

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Or visit: : <https://www.getoxfordshireactive.org/go-active-get-healthy-oxford-cit>

 - Bike Racks
located nearby

Free Swim for Over 60s

Thursdays 10am-12pm

For info please contact Emma Collins

ecollins@oxford.gov.uk or on

☎ 07483007114

5 Swims for £5

5 Swims for £5 Voucher to be used at Barton, Leys or Ferry Swimming Pool. To claim please contact Emma Collins

ecollins@oxford.gov.uk or on

☎ 07483007114

must be registered by end of May 2019

Sports

Table Tennis

3 FREE Table Tennis session voucher available- please contact Emma Collins

ecollins@oxford.gov.uk or on

☎ 07483007114

Start up your Table Tennis (Beginners only)

Tuesdays 9.30 – 11.00 am

Venue: former Temple Cowley United Reformed Church, OX4 2ES

Open to all: Tuesdays, 19.30 – 21.30 (under-16s with an adult)

Venue: former Temple Cowley United Reformed Church, OX4 2ES

Open to all: Wednesdays 19.30 – 21.30 (under-16s with an adult)

Venue: Cheney School, Cheney Lane Headington OX3 7QH

Over-55s: Thursdays, 9.30am – 11.30am with free refreshments

Venue: former Temple Cowley United Reformed Church, OX4 2ES

All are drop-in sessions, no need to book or to attend every week.

Costs start at £3 per hour or £5 for 2 hours (Reductions for juniors and club members)

Your first visit only £1

For more info please contact Anne Borrowdale for more information.

✉ anne@anneborrowdale.co.uk

Capoeira Classes

Capoeira is a fun mix of dance, fight, music & song. It's an excellent way to keep fit, develop self-confidence and meet new friends.

www.oxfordcapoeira.co.uk

Beginners Capoeira

Wednesday -6:30pm-7:30pm

University Club, 11 Mansfield Road, Oxford OX1 3SZ (contact: Mauricio on 07411776771 / maurizio_1984@msn.com)

£5 per class

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