

FIND A LOCAL ACTIVITY FOR YOU

GO Active



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 the gate by Norham Gardens,
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: www.getoxfordshireactive.org/oxfordcity

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

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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- Bike Racks located nearby


Fitness Classes

Ladies Night (Women only)

Gym, swim and spin with female only staff.
Not instructor led.

Barton Leisure Centre

Tuesdays, 7pm

Contact  01865 467290

Buggy Fit (Women only)

For ladies looking to get back in shape after their new arrival. Classes lead by a trained postnatal exercise instructor.

Booking Essential

£7 a session. Discounts available

Contact Cath  07897 859136

 OxfordFitFun@gmail.com

Classes at Various Locations across Oxford including Florence Park, Cutteslowe Park, Wolvercote, Botley and Jericho! Please contact Cath for more details.

Back to Fit (Women Only)

Designed for new mums and also suitable for anyone just starting exercise. A gentle, whole body workout with a focus on building core strength and improving cardiovascular fitness. A great opportunity to meet other mums and babies whilst getting fit.

Mondays 10.15-11am (term time only) at Quarry Pavilion, Margaret Rd Rec Ground.

Just turn up - £8 drop in rate or book online for £5 per session. Bring a water bottle and a mat or towel to lie on.

Visit www.jenerationfitness.co.uk for more information and to Book.

HIIT (Women Only)

A 45 minute High Intensity Interval Training, whole body, workout involving short bursts of intense exercise.

Mondays 9.15-10am (term time only) at Quarry Pavilion, Margaret Rd Rec Ground.

Just turn up - £8 drop in rate or book online for £5 per session. Bring a water bottle and a mat or towel to lie on. Babies and toddlers of all ages welcome but not compulsory! Toys provided indoors.

Visit www.jenerationfitness.co.uk for more information and to Book.

Outdoor Buggy Class

Wednesdays 2pm at Bury Knowle Park, Headington. (Meet by the tree carving and circle of benches by the playground).


Just turn up - £8 drop in rate or book online for £5 per session.

Visit www.jenerationfitness.co.uk for more information and to Book.

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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

Sports**Kickboxing (Not suitable for those with diabetes)**

Wood Farm Primary School

Mondays & Thursdays 7pm-8.20pm

£7 per session

More info at:

<http://www.oxfordshirekickboxing.com/go-active---oxford-city.html>**Kickboxing: Parent and child classes-Kiddies Combat**

Saturdays

09:30am – 10:15am

Wood Farm Primary School – Main Hall

Age Limit: Children 3-6

£35.00 for 6 weeks (1 child)

£55.00 for 6 weeks (2 children)

More info at:

<http://www.oxfordshirekickboxing.com>**Over 50's Racketball** 🚴*Rackets can be provided.*

Ferry Leisure Centre

Tuesdays 10.30 – 11.30am

To book contact: 01865 467060

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Emma Collins at ✉ ecollins@oxford.gov.uk or on ☎ 07483007114Or visit: www.getoxfordshirereactive.org/oxfordcity🚴- Bike Racks
located nearby

Table Tennis

Start up your Table Tennis (Beginners only)

Tuesdays 9.30 – 11.00 am

Venue: Temple Cowley Church, OX4 2ES

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

Venue: Temple Cowley 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: Temple Cowley 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

Kids & Family Capoeira

Tuesdays - 5:15pm-6:15pm

Old Headington Village Hall, OX3 9BY

contact: (contact: Mauricio on 07411776771 / maurizio_1984@msn.com)

£5 per class

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

Walking Netball

Walking netball is a slowed down version of Netball, allowing you to exercise in a friendly, relaxed and supportive environment. All ages and abilities welcome.

*New*Walking Netball at Cherwell School

Thursday 7-8pm

Cherwell School South Site Gym, Oxford,

OX2 7EF. These sessions cost is £4 per session.

For more info contact Ali:

Ali.hathaway@englandnetball.co.uk

Active Women Beginners Tennis sessions at

North Oxford Tennis Club

Fridays 0930-1030

North Oxford Tennis Club

£6 non -members and £5 members

Contact  ecollins@oxford.gov.uk

Tennis coaching for beginners (Women only)




Perfect for women looking to try tennis (aged 16+). Our friendly coach will have you playing like a pro in no time!

Equipment included

Bury Knowle Park Tennis Courts

Tuesdays, 10.30am (term time only)

£6 per session

Contact Tom  07747 026377 or

 noltccompetitions@gmail.com

Tennis coaching for Improvers

(Women only) 


Perfect for women looking to return to tennis (aged 16+).

Equipment included

Bury Knowle Park Tennis Courts

Tuesdays, 9.30am (term time only)

£6 per session

Contact Tom  07747 026377 or

 noltccompetitions@gmail.com

Tennis coaching (Intermediate level)


(Women only)

Equipment included

Botley Park Tennis Courts (behind West Oxford Community Centre)

Fridays, 1.30pm (term time only)

£6 per session


Contact Tom  07747 026377 or

 noltccompetitions@gmail.com

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