

# GO Active Gold activities in South Oxfordshire

Activity	Venue	Time	Day	Cost	Staff Lead
<b>Bowls</b>	The Great Hall, Cholsey Meadows, OX10 9GW	1.30 pm - 4.00 pm	Thu	First 4 sessions free	
<b>Bowls</b>	The Great Hall, Cholsey Meadows, OX10 9GW	7.00 pm - 9.30 pm	Tue	First 4 sessions free	
<b>Keep Fit Senior Circuits</b>	Watlington Memorial Club	10 am -11 am	Fri	£6 / £4.50	
<b>Keep Fit Senior Circuits (outdoors)</b>	Watlington Recreational Ground	9.30 am - 10.30 am	Tue	£6 / £4.50	
<b>Keep Fit Senior Circuits</b>	Goring Heath Parish Hall	11.30 am - 12.30 pm	Thu	£6	
<b>Keep Fit Senior Circuits</b>	Spring Water Peppard Church, Rotherfield Peppard	9.30 am - 10.30 am	Thu	£7	
<b>Keep Fit Senior Circuits</b>	Dorchester Village Hall	10 am - 11 am	Wed	£4	
<b>Keep Fit Senior Circuits</b>	Nettlebed Village Club RG9 5DD	11 am - 12 noon	Tue	£7	
<b>Keep Fit Senior Circuits</b>	Christ the King Church, Sonning Common	10 am - 11 am	Mon	£5	
<b>Keep Fit Senior Circuits</b>	Beckley and Stowood Village Hall	8.30 am - 9.30 am	Thu	£10	
<b>Keep Fit Senior Circuits</b>	Forest Hill Village Hall	10.30 am - 11.30 am	Tue	£6	
<b>Keep Fit Senior Circuits</b>	Chinnor Pavilion	11 am - 12 noon	Thu	£5	
<b>Keep Fit Senior Circuits</b>	The Church Room, Shiplake	10 am - 11 am	Wed	£3.50	
<b>Table Tennis</b>	Benson Youth Hall	2 pm - 3 pm	Wed	£2	
<b>Table Tennis</b>	Chinnor Methodist Church	10.30 am - 12 noon	Mon	£2.50	
<b>Table Tennis</b>	Cholsey Great Hall	10.30 am - 11.30 am	Fri	£2	
<b>Table Tennis</b>	Chalgrove Village Hall	10 am -11 am	Mon	£2	
<b>Table Tennis</b>	Chalgrove Village Hall	10 am -11 am	Thu	£2	
<b>Table Tennis</b>	Shiplake Memorial Hall	11.15 am - 12.15 pm	Wed	£2	
<b>Table Tennis</b>	Horspath Hub	10.00 am - 12 noon	Tue	£2	
<b>Table Tennis</b>	Beckley Village Hall	10.30 am - 11.30 am	Mon	£2	
<b>Table Tennis</b>	Rotherfield Peppard War Memorial Hall	11.30 am - 12.30 pm	Mon	£2	
<b>Tai Chi</b>	The Diamond Jubilee Pavilion at Gallowstree Common	11 am - 12 noon	Mon	£6	
<b>Tai Chi</b>	Greet Memorial Hall, Warborough	3.30 pm - 4.30 pm	Tue	£6	
<b>Tai Chi</b>	Tetsworth Village Hall	10 am - 11 am	Mon	£5	
<b>Tai Chi and Qigong</b>	Dorchester Village Hall	2 pm - 3pm	Mon	£5	
<b>Tai Chi</b>	Kidmore End War Memorial Hall	9.30 am - 10.30 am	Tue	£6	
<b>Tai Chi</b>	Christ the King Church, Sonning Common	11.30 - 12.30	Thu	£4	
<b>Pickleball</b>	Chinnor Village Hall	1 pm - 2.30 pm	Mon	£2	
<b>Pickleball</b>	Abbey Sports Centre (Berinsfield)	9.30 am - 11 am	Tue	£3.40	
<b>Monthly Orienteering</b>	Shiplake Village Monthly sessions				

<b>Pilates</b>	Nettlebed Village Club	11 am - 12 pm	Mon	£8	
<b>Pilates</b>	St. Michael's Church Hall, Sonning Common	9.30 am - 10.30 pm	Mon	£8	
<b>Walking Football</b>	Bishopswood Sports Ground, Gallowstree Common	10.30 am - 11.30 am	Wed	£3	
<b>Walking Football</b>	Chalgrove MUGA	6.30 pm - 7.30 pm	Wed	£2	
<b>Walking Football</b>	Chalgrove MUGA	10 am - 11 am	Fri	£2	
<b>Walking Football</b>	Crowmarsh Gifford playing fields	11 am - 12 noon	Mon	£2	
<b>Yoga</b>	Holton Village Hall	10 am - 11 am	Thu	£7	
<b>Yoga / Seated Yoga</b>	Watlington Memorial Club	11 am - 12 noon	Mon	£5	
<b>Yoga</b>	St Lawrence Hall, Warborough	4.30 pm - 5.30 pm	Thu	£5	
<b>Gentle Yoga</b>	Shiplake Memorial Hall	10 am - 11 am	Wed		
<b>Gentle Yoga</b>	Christ the King Church, Sonning Common	10 am - 11 am	Thu		5-class card: £43 Drop-in: £10
<b>Hatha Yoga</b>	Eye & Dunsden Village Hall, Dunsden Green	10 am - 11 am	Mon		
<b>Yoga</b>	Chinnor Pavilion	10 am - 11 am	Thu	£5	
<b>Yoga</b>	East Hagbourne Pavilion	10.30 am - 11.30 am	Wed	£5	
<b>Yoga</b>	Ewelme Village Hall	4.30 pm - 5.30 pm	Wed	£5	
<b>Yoga</b>	Benson Lounge	9.15 am - 10.15 am	Wed	£5	
<b>Zumba Gold</b>	Chalgrove Village Hall	9 am - 10 am	Fri	£5	
<b>Zumba Gold</b>	Crowmarsh Gifford Village Hall	9 am - 9.50 am	Wed	£5	
<b>Zumba Gold</b>	Cornerstone, Didcot	10.30 am - 11.30 am	Fri	£5	
<b>Seated Exercise Class</b>	Trench Green Village Hall	10 am - 11 am	Fri	£5	
<b>Walking Netball</b>	Abbey Sports Centre (Berinsfield)	11 am - 12 noon	Mon	£3.5	
<b>Nordic Walk</b>	Brightwell-cum-Sotwell volunteer lead group	9.30 am - 10.30 am	Wed	Free	