

ACTIVITIES LOCAL TO YOU



GO
ACTIVE
GET HEALTHY

2018

BETTER
The best good place



WELCOME TO GO ACTIVE GET HEALTHY IN WEST OXFORDSHIRE

There is a new exciting and fun range
of activities suitable for everyone!

Look out for the GO Active Get Healthy Logo
for activities that are suitable for those who are new to
activity or just getting back into activity

ACTIVITIES OF THE MONTH



Hula Fit

'Bring your core to the floor'

Venue: Windrush Leisure Centre

Monday: 9.15am – 9.45am

£3.00 non members



Walking Football

'A slower version of the beautiful game'

Venue: Charlbury Community Centre

Wednesday: 10.00am – 11.00am

£3.50 per session



Pickleball

'A racquet sport for all ages'

Venue: Chipping Norton Leisure Centre

Saturday: 1.00pm – 3.00pm

£2.65 per session

IN THE COMMUNITY

Pilates – 6 week course

Start date: Tuesday 2nd January

Venue: Carterton Community Centre

Beg: 7.00pm – 8.00pm | Int: 8.00pm – 9.00pm

£40 per course

Kettlercise for Intermediates – 6 week course

Start date: Wednesday 3rd January

Venue: Leaffield Village Hall

Wednesday: 7.15pm – 8.00pm

£40 per course

Pilates for Intermediates – 6 week course

Start date: Thursday 4th January

Venue: Standlake Village Hall

Thursday: 8.00pm – 9.00pm

£40 per course

Senior Pilates – 6 week course

Start date: Monday 8th January

Venue: Standlake Village Hall

Thursday: 9.15am – 10.15am

£40 per course



Pilates for Beginners – 6 week course

Start date: Wednesday 10th January

Venue: Leaffield Village Hall

Wednesday: 9.15am – 10.00am

£40 per course



For more information on any of these activities or about GO Active please contact
Your local Better Leisure Centre directly or email BetterGoActive@GLL.org

www.getoxfordshireactive.org

LEISURE CENTRE ACTIVITIES

Pickleball

'A racquet sport for all ages'

Venue: Windrush Leisure Centre

Monday: 4.00pm – 5.00pm

£2.65 per session

Walking Football

'A slower version of the beautiful game'

Venue: Chipping Norton Leisure Centre

Monday: 5.40pm – 6.40pm

£3.00 non members / Free to centre members

Nordic Walking

'Walk your way fit with this outdoor class'

Venue: Windrush Leisure Centre

Tuesday: 10.00am – 11.00am

£3.00 non members / Free to centre members

Pilates for Beginners

'Learn, strengthen & condition'

Venue: Windrush Leisure Centre

Wednesday: 11.15am – 12.00pm

£3.00 non members / Free to centre members

Walking Football

'A slower version of the beautiful game'

Venue: Chipping Norton Leisure Centre

Thursday: 10.00am – 11.00am

£3.00 non members / Free to centre members

Senior Circuits

'A slow paced action packed exercise class for 60.'

Venue: Carterton Leisure Centre

Friday: 9.00am – 9.45am

Free to centre members

BoxFit

'Get fit in this class that packs a punch!'

Venue: Bartholomew Sports Centre

Saturday: 9.00am – 9.45am

Free to centre members

BODY FIT SOLUTIONS

Body Fit Solutions is a bespoke studio that offers intelligent fitness, pilates classes and personal training. They aim to keep their clients active longer with high quality pilates equipment and functional fitness sessions.

Beginner Pilates

Monday: 10.30am – 11.30am

Primal Fit

Monday: 6.00pm – 7.00pm

Cardio Fit

Tuesday: 9.30am – 10.30am

Primal Fit

Wednesday: 10.30am – 11.30am

Ballet Barre Fitness

Wednesday: 8.00am – 10.30am

Cardio Fit

Thursday: 9.30am – 10.30am

Ballet Barre Fitness

Thursday: 10.30am – 11.30am

Beginners & Intermediates Pilates

Saturday: 9.00am – 10.00am

Body Tone

Saturday: 10.00am – 11.00am

For more information about Body Fit Solutions please visit www.bodyfitsolutions.co.uk or call 01993 402400

REWARD SCHEME

Attend 6 sessions and receive a FREE
GO Active Get Healthy Prize



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