

**'activ8teme' CURRENT ACTIVITIES - Low cost, pay-as-you-go adult fitness & sports sessions, no membership required!**

**All ages (16+) & abilities welcome! All sessions are 'Just turn up' unless stated. (subject to change since printing)**

To find out more contact Sarah: 01706 926 239 / 07976 498 629 Email: [sarah.shard@link4life.org](mailto:sarah.shard@link4life.org) [www.link4life.org/activ8teme](http://www.link4life.org/activ8teme) Facebook: Activ8teME

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Area	Name of Session	Day	Time	Venue	Cost	Gender	Comments
<b>EXERCISE AND FITNESS</b>							
Castleton	Zumba® Basic	Mondays	10.30am-11.30am	St Martin's Church	£2.50	Mixed	
Littleborough	Gentle Keep Fit	Mondays	11am-12 noon	Littleborough Sports Centre	£2.50	Mixed	Pre-booking recommended
Rochdale	Zumba® Basic	Mondays	10.30am-11.30am	Christ Church Healey	£2.50	Mixed	
Middleton	Cardio Club	Mondays	6pm-7pm	Bowlee Park Sports Centre	£2.50	Mixed	90's music dance class with glow sticks
Smallbridge	Chair-based Exercise Session	Mondays	1.30pm-2.30pm	Yew Court, Rochdale	FREE	Mixed	Pre-booking required
Milnrow	Zumba®	Mondays	6.30pm-7.30pm	Milnrow Working Mens Club	£2.50	Mixed	Venue has one flight of stairs, no lift
Middleton	The Best of the 50's & 60's	Mondays	6.30pm-7.30pm	Stancliffe Social Centre	£2.50	Mixed	
Middleton	Yoga	Mondays	7pm-7.45pm	Bowlee Park Sports Centre	£2.00	Mixed	
Milnrow	Cardio Combat	Mondays	7.30pm-8.30pm	Milnrow Working Men's Club	£2.50	Mixed	
Middleton	Indoor Cycling	Tuesdays	6.45am-7.30am	Middleton Arena	£2.50	Mixed	Pre-booking recommended
Rochdale	Over 50's Sport & Fun	Tuesdays	9am-12 noon	Rochdale Leisure Centre	£3.85/4.25	Mixed	Includes tea and coffee
Littleborough	Legs Bums Tums	Tuesdays	10am-11am	Littleborough Sports Centre	£2.50	Mixed	Pre-booking recommended
Heywood	Zumba® Basic	Tuesdays	10.30am-11.30am	Heywood Civic Centre	£2.00	Mixed	Pre-booking recommended
Deeplish	Zumba® Basic	Tuesdays	10.30am-11.30am	St Luke's Church	£2.50	Ladies Only	
Middleton	Legs Bums Tums	Tuesdays	6pm-7pm	Bowlee Park Sports Centre	£2.50	Mixed	
Castleton	The Best of the 50's & 60's	Tuesdays	1.30pm-2.30pm	St Martin's Church	£2.50	Mixed	Venue has one flight of stairs, no lift
Heywood	Short Tennis & Table Tennis	Tuesdays	12noon-1pm	Heywood Sports Village	£2.50	Mixed	
Heywood	Cardio Club	Tuesdays	6pm-7pm	Heywood Civic Centre	£2.50	Mixed	Pre-booking recommended
Middleton	Legs Bums Tums (Beginners)	Tuesdays	7pm-8pm	Bowlee Park Sports Centre	£2.50	Mixed	
Rochdale	Salsacise	Wednesdays	10am-10.45am	Rochdale Leisure Centre	£2.55	Mixed	Pre-booking recommended
Heywood	Zumba® Basic	Wednesdays	10.30am-11.30am	Heywood Civic Centre	£2.00	Mixed	Pre-booking recommended
Castleton	Zumba® Basic	Wednesdays	10.30am-11.30am	St Aidan's Church	£2.50	Mixed	
Heywood	Fun Dance	Wednesdays	12.15pm-1.15pm	Heywood Civic Centre	£2.00	Mixed	Pre-booking recommended
Heywood	Tai Chi	Wednesdays	12.30pm-1.15pm	Heywood Sports Village	£2.50	Mixed	Pre-booking recommended
Milnrow	Yoga	Wednesdays	5.45pm-6.45pm	Milnrow Working Men's Club	£2.50	Mixed	Venue has one flight of stairs, no lift
Middleton	Zumba®	Wednesdays	6.30pm-7.30pm	Bowlee Park Sports Centre	£2.50	Mixed	
Heywood	Pilates	Wednesdays	7pm-8pm	Heywood Civic Centre	£2.50	Mixed	Pre-booking recommended
Milnrow	Zumba®	Wednesdays	7pm-8pm	Milnrow Working Men's Club	£2.50	Mixed	Venue has one flight of stairs, no lift
Middleton	Yoga	Wednesdays	7.15pm-8.15pm	Middleton Popstars Academy	£2.50	Mixed	
Littleborough	Zumba® Basic	Thursdays	10am-11am	Littleborough Sports Centre	£2.50	Mixed	Pre-booking recommended
Heywood	Zumba® Basic	Thursdays	10.30am-11.30am	Heywood Civic Centre	£2.00	Mixed	Pre-booking recommended
Rochdale	Zumba® Basic	Thursdays	11am-12 noon	Rochdale Unitarian Church	£2.50	Mixed	

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Smallbridge	Gentle Exercise	Thursdays	12noon-1pm	Smallbridge Library	FREE	Mixed	Pre-booking required
Kirkholt	Fun Dance	Thursdays	1.30pm-2.30pm	The Strand Hub	£2.50	Mixed	
Rochdale	Pilates	Thursdays	1.30pm-2.15pm	Rochdale Leisure Centre	£2.55	Mixed	Pre-booking recommended
Middleton	Cardio Combat	Thursdays	5.45pm-6.45pm	Bowlee Park Sports Centre	£2.50	Mixed	Cardio, strength, free-weights session
Middleton	Zumba®	Thursdays	6pm-7pm	Middleton Cricket Club	£2.50	Mixed	Pre-booking recommended
Heywood	Zumba®	Thursdays	6pm-7pm	Heywood Civic Centre	£2.50	Mixed	Pre-booking recommended
Middleton	Fun Dance	Thursdays	6.30pm-7.30pm	Alkington Community Centre	£2.50	Mixed	
Heywood	Yoga	Thursdays	7pm-8pm	Heywood Civic Centre	£2.50	Mixed	Pre-booking recommended
Middleton	Bowlee Circuit Training	Thursdays	7pm-8pm	Bowlee Park Sports Centre	£2.50	Mixed	Pre-booking recommended
Rochdale	Ab Attack	Fridays	11.15am-12 noon	Rochdale Leisure Centre	£2.55	Mixed	Pre-booking recommended
Rochdale	Pilates	Fridays	5.15pm-6pm	Rochdale Leisure Centre	£2.55	Mixed	Pre-booking recommended
<b>NETBALL</b>							
Heywood	Walking Netball	Mondays	12pm-1pm	Heywood Sports Village	£2.50	Mixed	
Middleton	Back 2 Netball	Mondays	6.30pm-7.30pm	Bowlee Park Sports Centre	£2.50	Mixed	
<b>BADMINTON (No booking required, just turn up, Co-ordinator at most sessions, we have equipment)</b>							
Littleborough	No Strings	Mondays	7:30pm – 9pm	Littleborough Sports Centre	£3.00	Mixed	
Heywood	No Strings	Tuesdays	5.30pm – 7pm	Heywood Sports Village	£2.50	Mixed	
Rochdale	No Strings	Tuesdays	7pm – 8pm	Kingsway Park Sports Centre	£2.50	Mixed	
Rochdale	No Strings	Wednesdays	6:30pm – 7:30pm	Rochdale Leisure Centre	£3.05	Mixed	
<b>WALKING/RUNNING</b>							
Littleborough	Watergrove parkrun	Saturdays	9am	Watergrove Reservoir	FREE	Mixed	<a href="http://www.parkrun.org.uk/watergrove">www.parkrun.org.uk/watergrove</a>
Rochdale	Beginners 5k+ / Couch 2 5k	Wednesdays	6pm	Kingsway Park Sports Centre	£1.50	Mixed	
Pennines	Fortnightly Over 50's Walks	Tues & Fri	6pm & 10.30am	Hollingworth Lake Visitors Centre	£1.00	Mixed	Pre-booking. Includes refreshments
<b>FOOTBALL</b>							
Littleborough	Walking Football	Tuesdays	10am-11.30am	Littleborough Sports Centre	£2.40	Mixed	Includes refreshments
Littleborough	Walking Football	Wednesdays	2pm-3.30pm	Littleborough Sports Centre	£2.40	Mixed	Includes refreshments
Rochdale	Walking Football	Thursdays	9-10am	Rochdale Leisure Centre	£1.65	Mixed	
Rochdale	Walking Football	Thursdays	10am-11am	Rochdale Leisure Centre	£1.65	Mixed	
Littleborough	Walking Football	Fridays	10am-11.30am	Littleborough Sports Centre	£2.40	Mixed	Includes refreshments
<b>SWIMMING</b>							
Rochdale	Adult Swim session	Weds, Thurs, Fri	9pm-10pm	Rochdale Leisure Centre	£2.55	Mixed	
Heywood	Aqua Relax (Dementia Friendly)	Tuesdays	3pm-3.45pm	Heywood Sports Village	£2.50	Mixed	Pre book via Sue on: 07976 539 531
Middleton	Aqua Relax (Dementia Friendly)	Thursdays	3pm-3.45pm	Middleton Arena	£2.50	Mixed	Pre book via Farah on: 07976 708 898