

Wokingham Active Adults



Wokingham
Active
Sports & Leisure

Autumn term
2016



Wokingham Active Adults is a fitness and Leisure programme that is designed to offer all adults the opportunity to attend a variety of classes within the borough of Wokingham. All instructors are at least level 2 qualified, First Aid trained and share a huge passion for their chosen physical activity.

Mr G - "Since attending the Couch to 5k Running club at the start of this year, I have been inspired to go out running myself and it helped me increase my personal fitness level to allow me to partake in 5 aside football for the first time in a number of years."

» www.wokingham.gov.uk/activeadults



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Start of Autumn Term 5th September – 16th December.
No sessions from the 24th – 28th October.

Pilates

Member Price
£59.50

14
sessions

Where	When	Non Member Price
Ashridge Room, Cantley Park, 9.30am - 10.30am	Tuesday	£70
Carnival Pool, Wellington Road, 12.15pm - 1pm	Tuesday	£70
Ashridge Room, Cantley Park, 6.30pm - 7.30pm	Tuesday	£70
Ashridge Room, Cantley Park, 8pm - 9pm	Thursday	£70

Boxercise

Member Price
£47.60

14
sessions

Where	When	Non Member Price
Ashridge Room, Cantley Park, 7.30pm - 8.30pm	Monday	£56



Zumba

Member Price
£47.60

14
sessions

Where	When	Non Member Price
Wokingham Baptist church, Milton Road, 5.30pm - 6.30pm	Tuesday	£56

Kettlecise

Member Price
£47.60

14
sessions

Where	When	Non Member Price
Ashridge Room, Cantley Park, 7.30pm - 8.30pm	Tuesday	£56

Yoga

Member Price
£47.60

14
sessions

Where	When	Non Member Price
David Hicks Room, Shute End, 12 noon to 1pm	Friday	£56

Beginners Couch to 5k Running Club

Member Price
£47.60

14
sessions

Where	When	Non Member Price
Meet at Shute End car park, 5.30pm - 6.30pm	Thursday	£56

Please feel free to use our try a session before you commit to buying a block of sessions

Contact Us...

Mrs W - "Joining the Wokingham Active Adults Boxercise class in September last year has kick-started my new healthier lifestyle. The classes have enabled me to work at my own pace, grow in confidence and I have noticed a huge improvement in my fitness levels. I can now run - something I never thought I'd be able to do! Along with healthy eating I have now lost nearly four stone."

Mr W - "Joining the Boxercise class along with my wife was the start we needed on our journey to a new healthier lifestyle. It has been great to discover something we can do together with no pressure on our ability or level of fitness. I have since gone on to join the Kettlercise class which I am thoroughly enjoying and losing 2 stone feels amazing."

Mrs H says - "would recommend Pilates to everyone, thoroughly enjoy it, strengthens muscle tone, improves stamina, flexibility, posture and uses muscles I didn't even know existed"

If you have any further questions about anything you have seen in this booklet please contact us on:



Tel: (0118) 974 3728



Email: sport@wokingham.gov.uk



www.wokingham.gov.uk/activeadults



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