

## Physical activities and healthy living

### Dance

Activity	Ages	When	Where	Accessibility	Contact
<p>Age UK Somerset – Various classes available</p> <p>Please see timetable in Contact box for full list</p>				<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<a href="https://www.ageuk.org.uk/somerset/activities-and-events/ageing-well-classes-timetable/">https://www.ageuk.org.uk/somerset/activities-and-events/ageing-well-classes-timetable/</a>
<p>Ballroom and Latin Dancing</p> <p>Beginners class</p>	18+	Tuesdays 7pm to 8pm	Whitchurch Village Hall	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Kevin Davies 07483 844 495</p> <p><a href="mailto:Spandl.07@btinternet.com">Spandl.07@btinternet.com</a></p>

# Get Active in North Somerset

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<p><b>Belly Dance</b> A warm, friendly atmosphere to learn belly dance and have fun. Improves fitness, posture, flexibility and confidence.</p>	16+	Mondays 7pm to 8pm	Backwell WI Hall Station Road Backwell BS48 3QW	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Saeeda 07779 718 919</p> <p><a href="mailto:BS48bellydance@gmail.com">BS48bellydance@gmail.com</a></p> <p><a href="http://www.saeedabellydance.com">www.saeedabellydance.com</a></p>
<p><b>Dance Funtastic</b> A fun dance class for ladies of all ages. Learn routines to different themes</p>	All ages	Wednesdays 7.30pm	Uphill Victory Hall Westfield Road Uphill BS23 4XG	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Marie Keele 07939 038 071</p> <p><a href="mailto:mariekeele@hotmail.co.uk">mariekeele@hotmail.co.uk</a></p>

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<p><b>Move, Stretch, Relax</b> Improves balance, flexibility and strength. Uplifting music and movement, a feeling of wellbeing</p>	Over 50s	Wednesdays 10am to 11am	1 <sup>st</sup> Nailsea Scouts Clevedon Road BS48 1EH	<input type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input checked="" type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Amy Garrahy 07731 451 885 <a href="mailto:agarrahy@yahoo.co.uk">agarrahy@yahoo.co.uk</a></p>
<p><b>North Somerset Mencap Disco for disabled adults</b> Have fun dancing and socialising at our monthly Discos. A wide range of music played.</p>	16+	<p>Once a month on a Saturday 7.30pm to 9.30pm</p> <p>Please contact us for upcoming dates.</p>	Nailsea Methodist Church and Community Centre 74 Silver Street Nailsea Bristol BS48 2DS	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Anita Brown 07766 767 222 <a href="mailto:Nitabrown40@hotmail.co.uk">Nitabrown40@hotmail.co.uk</a></p>

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<p><b>Pedralta World Fusion Belly Dance</b>                      Low impact dance classes for fun and fitness                      Suitable for beginners and experienced dancers.                      All levels of fitness, low impact, great for posture, toning and confidence.                      Great fun!</p>	14+	Wednesdays 7.30pm to 8.30pm  Workshops for schools, businesses, and community groups by arrangement	The Studio Blakehay Theatre Wadham Street Weston-super-Mare BS23 1JZ	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above *Please be aware that the studio is on the first floor, with no lift available	Donna Gardner 07905 763 559  <a href="mailto:donna@pedralta.com">donna@pedralta.com</a>  <a href="http://www.pedralta.com">www.pedralta.com</a>
<p><b>Tidal Wave Dance Company</b>                      A combination of ballet and modern dance.                      Strengthening the body through technique work set to music, as well as choreography to fuel our creative energy</p>	13+	Wednesdays 6.15pm to 7.15pm	Blakehay Theatre Wadham Street Weston-super-Mare BS23 1JZ	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Emma Duffill 07973 839 453  <a href="mailto:emma@pilatesinuphill.co.uk">emma@pilatesinuphill.co.uk</a>  <a href="http://www.blakehaytheatre.co.uk">www.blakehaytheatre.co.uk</a>

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<p><b>Zumba - Portishead</b> Party yourself into shape! A fun, empowering and energising class which combines salsa, cumbia, cha-cha-cha, hip hop and more in easy to follow routines. Suitable for all levels</p>		<p>Tuesdays 7.15pm to 8.15pm</p> <p>Thursdays 9.30am to 10.30am</p> <p>Fridays 6pm to 7pm</p>	<p>Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD</p>	<p><input type="checkbox"/> Blind / visual impairment</p> <p><input type="checkbox"/> Deaf / hard of hearing</p> <p><input type="checkbox"/> Learning disability / difficulty</p> <p><input type="checkbox"/> Mental health condition</p> <p><input type="checkbox"/> Autistic spectrum disorder</p> <p><input type="checkbox"/> Physical impairment</p> <p><input type="checkbox"/> All of the above</p> <p><input type="checkbox"/> None of the above</p>	<p>01275 848 494</p> <p><a href="https://www.placesleisure.org/centres/parish-wharf-leisure-centre/">https://www.placesleisure.org/centres/parish-wharf-leisure-centre/</a></p>
<p><b>Zumba – Burnham</b> All abilities welcome. Fitness class featuring a mixture of pop, salsa, reggaeton. Have fun moving and smiling, you you'll have so much fun you won't realise you're exercising!</p>	16+	<p>Thursdays 8pm</p>	<p>Starlight Studios Burnham-on-Sea</p>	<p><input type="checkbox"/> Blind / visual impairment</p> <p><input type="checkbox"/> Deaf / hard of hearing</p> <p><input type="checkbox"/> Learning disability / difficulty</p> <p><input type="checkbox"/> Mental health condition</p> <p><input type="checkbox"/> Autistic spectrum disorder</p> <p><input type="checkbox"/> Physical impairment</p> <p><input type="checkbox"/> All of the above</p> <p><input checked="" type="checkbox"/> None of the above</p>	<p>Natalie Kemmish</p> <p>07773 686 548</p> <p><a href="mailto:nataliekemmish@gmail.com">nataliekemmish@gmail.com</a></p> <p><a href="https://gymcatch.com/app/provider/3576">https://gymcatch.com/app/provider/3576</a></p>

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<p><b>Zumba Gold - Portishead</b>                      Takes the Zumba formula and modifies the moves and pacing to suit the needs of the active, older participant.</p>		Tuesdays 9.30am to 10.30am	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	01275 848 494  <a href="https://www.placesleisure.org/centres/parish-wharf-leisure-centre/">https://www.placesleisure.org/centres/parish-wharf-leisure-centre/</a>
<p><b>Zumba Gold - Portishead</b>                      Zumba class for all. Movement to music, seated or standing to each person's ability. Small classes to ensure good instructor/participant ratio</p>	50+	Tuesdays 11am to 12pm	Walnut Grove Studio 81 Papermill Gardens Portishead BS20 7RL	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Walnut Grove Clinic 01275 818 303  <a href="mailto:healthcare@walnutgroveclinic.com">healthcare@walnutgroveclinic.com</a>  <a href="http://www.walnutgroveclinic.com">www.walnutgroveclinic.com</a>