

## Get Active in North Somerset

### Physical activities and healthy living

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# Get Active in North Somerset

Physical activities and healthy living

## Fitness Classes

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Adult trampoline and gymnastics for all abilities</b>                      Jumping on a trampoline exercises the whole body! It's a fun way to keep fit and active whilst meeting new people.</p>	10+	Fridays 6pm to 7pm	The Luxon Centre East Quay Bridgwater TA6 4DB	<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	Diane Allen or Quayside Team 01278 458 060  <a href="mailto:quaysidetgc@aol.com">quaysidetgc@aol.com</a>  <a href="https://www.quayside.club/">https://www.quayside.club/</a>
<p><b>Age UK Somerset – Various classes available.</b>                      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>

# Get Active in North Somerset

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<b>Barre</b>		Wednesdays 6.30pm to 7.30pm	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>
<b>Body Attack</b> High energy interval training class, combining athletic aerobic movements with strength and stabilisation exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals		Mondays 6.30pm to 7.30pm  Wednesdays 6pm to 7pm	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>

# Get Active in North Somerset

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Body Balance</b> This Yoga, Tai Chi, Pilates workout builds flexibility and strength and leaves you feeling centred and calm</p>	16+	<p>Mondays 7.35pm to 8.35pm</p> <p>Tuesdays 10.30am to 11.15am</p> <p>Wednesdays 7.15pm to 8.15pm</p>	<p>Strode Leisure Centre Clevedon BS21 6QG</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 checked="" type="checkbox"/> All of the above</p> <p><input type="checkbox"/> None of the above</p>	<p>Becky Hobbs 01275 879 242</p> <p><a href="mailto:Beckyhobbs@pfpleisure.org">Beckyhobbs@pfpleisure.org</a></p> <p><a href="http://www.placesleisure.org">www.placesleisure.org</a></p>
<p><b>Body Conditioning</b> A total body shaping workout. Using lower and upper body exercises, using bands, weights, and body weight.</p>	16+	<p>Mondays 9.30am</p> <p>Tuesdays 7pm</p> <p>Thursdays 6pm</p>	<p>Strode Leisure Centre Clevedon BS21 6QG</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 checked="" type="checkbox"/> All of the above</p> <p><input type="checkbox"/> None of the above</p>	<p>Becky Hobbs 01275 879 242</p> <p><a href="mailto:Beckyhobbs@pfpleisure.org">Beckyhobbs@pfpleisure.org</a></p> <p><a href="http://www.placesleisure.org">www.placesleisure.org</a></p>

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Activity	Ages	When	Where	Accessibility	Contact
<p><b>Body Conditioning</b> Total body shaping workout utilising lower and upper body exercises using bands, steps, hand weights and body weight. Get great results from this high calorie burning class</p>		<p>Fridays 9.15am to 10.15am</p> <p>Sundays 9am to 10am</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>Body Pump</b> Barbell class that strengthens your entire body. Challenges all of your major muscle groups using exercises like squats, presses, lifts and curls.</p>		<p>Tuesdays 7pm to 8pm</p> <p>Thursdays 6.30pm to 7.30pm</p> <p>Fridays 12.15pm to 1.15pm</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>

# Get Active in North Somerset

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Body Pump Express</b> Barbell class that strengthens your entire body. Challenges all of your major muscle groups using exercises like squats, presses, lifts and curls.</p>		Wednesdays 5.15 to 5.45pm	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>Body Sculpt</b> Body shaping session using legs, tums and bums as well as your upper body. Utilising bands, weights and barbells to achieve great results</p>	16+	Mondays 9.15am to 10.15am  Sundays 10.15am to 11.15am	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>

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## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Body Weight Conditioning</b> A full body workout</p>		Mondays 6.15pm to 7pm	Eisey's Community Gym 137 Old Street Clevedon BS21 6BH	<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	07771 880 580
<p><b>Boxing</b> Boxing drills and conditioning</p>	Adults only	Thursdays 7pm to 8pm	Eisey's Community Gym 137 Old Street Clevedon BS21 6BH	<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	07771 880 580

# Get Active in North Somerset

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<b>Boxing and Conditioning</b> Boxing drills and conditioning		Mondays 7.15pm to 8pm	Eisey's Community Gym 137 Old Street Clevedon BS21 6BH	<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	07771 880 580
<b>Chair Fitness Classes</b> Exercise and fitness all based while on a chair. Perfect for those with mobility issues who want to keep moving	14+	Tuesdays 12pm  Thursdays 11.30am	@Worle 58 New Bristol Road Weston-super-Mare BS22 6AQ	<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 People with all of the above are welcome, please bring any support staff with you and make instructors aware they're there.	@Worle 01934 886 111  <a href="mailto:Enquiries@worle.org.uk">Enquiries@worle.org.uk</a>  <a href="http://www.worle.org.uk">www.worle.org.uk</a>



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## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Circuits</b> An exciting mix of body weight and external weighted total body conditioning exercises, resulting in a full body workout</p>		<p>Mondays 5.15pm to 6.15pm</p> <p>Fridays 5.30pm to 6.30pm</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>Circuits</b> An exciting mix of body weight and weighted exercises, resulting in a full body workout</p>	16+	<p>Fridays 6pm</p>	<p>Strode Leisure Centre Clevedon BS21 6QG</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 checked="" type="checkbox"/> All of the above</p> <p><input type="checkbox"/> None of the above</p>	<p>Becky Hobbs 01275 879 242</p> <p><a href="mailto:Beckyhobbs@pfpleisure.org">Beckyhobbs@pfpleisure.org</a></p> <p><a href="http://www.placesleisure.org">www.placesleisure.org</a></p>

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Circuits</b> A full body workout with lots of toys and equipment</p>		Tuesdays 6.15pm to 7pm	Eisey's Community Gym 137 Old Street Clevedon BS21 6BH	<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	07771 880 580
<p><b>Exercise for Parkinson's</b> Specifically designed for people living with Parkinson's, to help manage their symptoms. Delivered by an 'Exercise with Neurological Conditions' qualified instructor</p>	18+	Wednesdays 11am	Everyone Active Stadium Davis Lane Clevedon BS21 6TG	<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><a href="https://www.everyoneactive.com/centre/Everyone-Active-Stadium/">https://www.everyoneactive.com/centre/Everyone-Active-Stadium/</a></p> <p>0127 587 1600</p> <p>Book online, at the centre or via the Everyone Active app</p>

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## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Feel Good Fitness with Wild Country Woman</b> Outdoor women's fitness class - suitable for beginners. This class will feature interval training using some simple equipment.</p>	16+	<p>Thursdays 6.30am</p> <p>Fridays 9.30am</p>	<p>Peel Park or Basketball Court Long Ashton Community Centre Keedwell Hill BS41 9DP</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 checked="" 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>Lesley Waldron 07875 026 420</p> <p><a href="mailto:lesley@wildcountrywoman.com">lesley@wildcountrywoman.com</a></p> <p><a href="http://www.wildcountrywoman.com/">http://www.wildcountrywoman.com/</a></p>
<p><b>Fitness for MS patients</b> Standing/chair fitness class. Improving cardiovascular fitness and targeting the walking muscles, followed by a stretch and relaxation session</p>	16+	<p>Thursdays 2pm</p>	<p>@Worle Sports Centre 58 New Bristol Road Weston-super-Mare BS22 6AQ</p>	<p><input checked="" type="checkbox"/> Blind / visual impairment</p> <p><input checked="" type="checkbox"/> Deaf / hard of hearing</p> <p><input checked="" type="checkbox"/> Learning disability / difficulty</p> <p><input checked="" type="checkbox"/> Mental health condition</p> <p><input type="checkbox"/> Autistic spectrum disorder</p> <p><input checked="" type="checkbox"/> Physical impairment</p> <p><input type="checkbox"/> All of the above</p> <p><input type="checkbox"/> None of the above</p>	<p>Dax Corlett 07813 939 806</p> <p><a href="mailto:dax.james.corlett@gmail.com">dax.james.corlett@gmail.com</a></p> <p><a href="https://www.mssociety.org.uk/care-and-support/local-support/local-groups/north-somerset-group">https://www.mssociety.org.uk/care-and-support/local-support/local-groups/north-somerset-group</a></p>

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Forever Active</b> Suitable for pre and post-natal and older adults. Low impact keep fit class with an extended warm up to maintain and improve co-ordination, flexibility, strength and fitness</p>		Mondays 10.30am to 11.30am	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>Forever Active Aerobics</b> A low impact, cardiovascular based class aimed at improving co-ordination, posture and cardiovascular health</p>		Mondays and Wednesdays 12.15pm to 1.15pm	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>

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## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Forever Active Steady and Strong</b> A low impact class that combines day to day functional movement, strength improvement activities and stretching</p>		Fridays 10.30am to 11.30am	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>Full Body Circuit Training</b> Classes are suitable for all abilities. They are fun, welcoming, and are great if you want to get fitter and stronger.</p>	16+	Mondays 6.45pm	Claverham Village Hall Bishops Road Cleeve Claverham BS49 4NF	<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 checked="" type="checkbox"/> None of the above	Chelsea Heal 07944 408 481  <a href="mailto:ChelseahealHFL@gmail.com">ChelseahealHFL@gmail.com</a>

# Get Active in North Somerset

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Kettlebells</b> Using Kettlebells to improve all over functional strength, flexibility, co-ordination and can provide a great cardiovascular workout too</p>		<p>Tuesdays 6pm to 7pm</p> <p>Saturdays 9.30am to 10.30am</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>Ladies Boxing</b> Boxing drills and conditioning</p>		<p>Thursdays 9.30am – 10.30am</p>	<p>Eisey's Community Gym 137 Old Street Clevedon BS21 6BH</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>07771 880 580</p>

# Get Active in North Somerset

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Legs, Bums and Tums</b> Classes are suitable for all abilities. They are fun, welcoming, and are great if you want to get fitter and stronger.</p>	16+	Wednesdays 6.15pm	Claverham Village Hall Bishops Road Cleeve Claverham BS49 4NF	<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 checked="" type="checkbox"/> None of the above	<p>Chelsea Heal 07944 408 481</p> <p><a href="mailto:ChelseahealHFL@gmail.com">ChelseahealHFL@gmail.com</a></p>
<p><b>Legs, Bums and Tums</b> A fun easy class targeting legs, bums and tums</p>	16+	Thursdays 9.30am	Strode Leisure Centre Clevedon BS21 6QG	<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>Becky Hobbs 01275 879 242</p> <p><a href="mailto:Beckyhobbs@pfpleisure.org">Beckyhobbs@pfpleisure.org</a></p> <p><a href="http://www.placesleisure.org">www.placesleisure.org</a></p>

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## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Legs, Bums and Tums</b> A fun, easy to follow class targeting all of those problem areas!</p>	16+	Saturdays 8.30am to 9.30am	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>Move, Stretch, Relax (Clevedon)</b> Improves balance, flexibility and strength. Uplifting music and movement, a feeling of wellbeing</p>	Over 50s	Wednesdays 11.45am to 12.45pm	Clevedon Scout Hall Oldville Avenue Clevedon BS21 6HG	<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	Amy Garrahy  07731 451 885 <a href="mailto:agarrahy@yahoo.co.uk">agarrahy@yahoo.co.uk</a>



# Get Active in North Somerset

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Move, Stretch, Relax (Nailsea)</b> Improves balance, flexibility and strength. Uplifting music and movement, a feeling of wellbeing (Nailsea)</p>	Over 50s	Wednesdays 10am to 11am	1 <sup>st</sup> Nailsea Scouts Clevedon Road BS48 1EH	<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>Amy Garrahy</p> <p>07731 451 885</p> <p><a href="mailto:agarrahy@yahoo.co.uk">agarrahy@yahoo.co.uk</a></p>
<p><b>North Somerset Mencap Sports Club for disabled adults</b> Get fit and moving with fun sports and activities facilitated by a sports coach and adapted for all abilities. Great opportunity to make friends and get active.</p>	16+	Thursdays 7.30pm to 8.30pm Term time only	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</p> <p>07766 767 222</p> <p><a href="mailto:Nitabrown40@hotmail.co.uk">Nitabrown40@hotmail.co.uk</a></p>

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Over 50s Strength and Conditioning</b> A toned down fitness and weights class to allow for explanations and help while understanding new movements</p>	50+	Thursdays 10.15am	@Worle 58 New Bristol Road Weston-super-Mare BS22 6AQ	<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 People with all of the above are welcome, please bring any support staff with you and make instructors aware they're there.	@Worle 01934 886 111  <a href="mailto:Enquiries@worle.org.uk">Enquiries@worle.org.uk</a>  <a href="http://www.worle.org.uk">www.worle.org.uk</a>
<p><b>Over 60s Low Impact Fitness Class (Berrow)</b> Specifically designed for ageing well and healthily improving strength, flexibility, balance and lung health. Fun, social and you go at your own pace!</p>	60+	Mondays 11am and 1.30pm  Thursdays 11am	Berrow Village Hall Parsonage Road Berrow TA8 2NJ	<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	Stephanie Anne 07421 762 532  <a href="mailto:Anne.panesar@moveitrolseit.co.uk">Anne.panesar@moveitrolseit.co.uk</a>

# Get Active in North Somerset

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Over 60s Low Impact Fitness Class (Burnham)</b> Specifically designed for ageing well and healthily improving strength, flexibility, balance and lung health. Fun, social and you go at your own pace!</p>	60+	Thursdays 9am and 2pm	Baptist Church College Road Burnham-on-Sea TA8 1AR	<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>Stephanie Anne 07421 762 532</p> <p><a href="mailto:Anne.panesar@moveitroloseit.co.uk">Anne.panesar@moveitroloseit.co.uk</a></p>
<p><b>Power</b> A half an hour full body free weight session. Teaching you the fundamentals of weight training and giving you a great full body workout</p>		<p>Tuesdays 9.15am to 9.45am</p> <p>Thursdays 5.45pm to 6.15pm</p>	<p>Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD</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	<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>

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Activity	Ages	When	Where	Accessibility	Contact
<p><b>Prevention of Falls Exercises</b></p>		<p>Wednesdays 1pm to 2.30pm</p>	<p>Shipham Village Hall New Road Shipham BS23 1SG</p>	<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</p>	<p>Corrinne Mutlow 07919 532 960  <a href="mailto:coz@cmutlow.com">coz@cmutlow.com</a></p>
<p><b>Rig Circuits</b> A superb way to shift excess fat, build lean muscle and condition the heart and lungs. Using the traditional range of simple bodyweight, free weights, functional equipment and suspension</p>		<p>Mondays 7.15am to 7.45am 7.15pm to 7.45pm  Tuesdays 12.30pm to 1pm  Thursdays 7.15am to 7.45am  Sundays 10.15am to 10.45am</p>	<p>Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD</p>	<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</p>	<p>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>

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## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<b>Step Aerobics</b>		Mondays 7pm to 8pm	Winscombe Community Centre 11 Sandford Road Winscombe BS25 1JA	<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	Madi Hearne 07896 076 387  <a href="mailto:Madi.hearne@btinternet.com">Madi.hearne@btinternet.com</a>
<b>Stretch and Define</b> A gentle class to stretch and lift the body, this class is great for beginners and also for people wanting to mix up their training		Wednesdays and Thursdays 1.30pm to 2.30pm	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>

# Get Active in North Somerset

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Strength and Conditioning</b> Using a safe weight-lifting system called landmines. Abs, cardio and bodyweight drills</p>		<p>Wednesdays 6.15pm to 7pm</p> <p>Saturdays 8.30am to 9.30am</p>	<p>Eisey's Community Gym 137 Old Street Clevedon BS21 6BH</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>	07771 880 580
<p><b>Youth Boxing</b> From basics to boxing drills and conditioning</p>	12 to 16 years	<p>Thursdays 5.05pm to 5.50pm</p>	<p>Eisey's Community Gym 137 Old Street Clevedon BS21 6BH</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>	07771 880 580

# Get Active in North Somerset

## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<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>



## Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<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 persons 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>