



Physical activities and healthy living

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Physical activities and healthy living

Fitness Classes

Activity	Ages	When	Where	Accessibility	Contact
Adult trampoline and	10+	Fridays	The Luxon Centre	☐ Blind / visual impairment	Diane Allen or Quayside
gymnastics for all		6pm to 7pm	East Quay Bridgwater	☐ Deaf / hard of hearing	Team 01278 458 060
abilities			TA6 4DB	☐ Learning disability / difficulty	01276 436 000
Jumping on a trampoline exercises the whole body!				☐ Mental health condition	quaysidetgc@aol.com
It's a fun way to keep fit				☐ Autistic spectrum disorder	https://www.gusysids.el
and active whilst meeting				☐ Physical impairment	https://www.quayside.cl ub/
new people.				☑ All of the above	<u></u>
				☐ None of the above	
Age UK Somerset –				☐ Blind / visual impairment	https://www.ageuk.org.u
Various classes				☐ Deaf / hard of hearing	k/somerset/activities- and-events/ageing-well-
available. Please see timetable in				☐ Learning disability / difficulty	classes-timetable/
Contact box for full list				☐ Mental health condition	
				☐ Autistic spectrum disorder	
				☐ Physical impairment	
				☐ All of the above	
				☐ None of the above	





Activity	Ages	When	Where	Accessibility	Contact
Barre		Wednesdays	Parish Wharf	☐ Blind / visual impairment	01275 848 494
		6.30pm to 7.30pm	Leisure Centre	☐ Deaf / hard of hearing	
			Harbour Road Portishead	☐ Learning disability / difficulty	https://www.placesleisur
	BS20 7DD	☐ Mental health condition	e.org/centres/parish- wharf-leisure-centre/		
				☐ Autistic spectrum disorder	what icidate centre/
				☐ Physical impairment	
				☐ All of the above	
				☐ None of the above	
Body Attack		Mondays	Parish Wharf	☐ Blind / visual impairment	01275 848 494
High energy interval		6.30pm to 7.30pm	Leisure Centre Harbour Road	☐ Deaf / hard of hearing	
training class, combining athletic aerobic		Wednesdays	Portishead	☐ Learning disability / difficulty	https://www.placesleisur
movements with strength		6pm to 7pm	BS20 7DD	☐ Mental health condition	e.org/centres/parish- wharf-leisure-centre/
and stabilisation exercises.				☐ Autistic spectrum disorder	What folder control
Dynamic instructors and powerful music motivate				☐ Physical impairment	
everyone towards their				☐ All of the above	
fitness goals				☐ None of the above	





Activity	Ages	When	Where	Accessibility	Contact
Body Balance	16+	Mondays	Strode Leisure	☐ Blind / visual impairment	Becky Hobbs
This Yoga, Tai Chi, Pilates		7.35pm to 8.35pm	Centre Clevedon	☐ Deaf / hard of hearing	01275 879 242
workout builds flexibility and strength and leaves		Tuesdays	BS21 6QG	☐ Learning disability / difficulty	Beckyhobbs@pfpleisure
you feeling centred and		10.30am to		☐ Mental health condition	.org
calm		11.15am		☐ Autistic spectrum disorder	www.placaclaioura.org
		Wednesdays		☐ Physical impairment	www.placesleisure.org
		7.15pm to 8.15pm		☑ All of the above	
				☐ None of the above	
Body Conditioning	16+	Mondays	Strode Leisure	☐ Blind / visual impairment	Becky Hobbs
A total body shaping		9.30am	Centre Clevedon	☐ Deaf / hard of hearing	01275 879 242
workout. Using lower and upper body exercises,		Tuesdays	BS21 6QG	☐ Learning disability / difficulty	Beckyhobbs@pfpleisure
using bands, weights, and		7pm		☐ Mental health condition	<u>.org</u>
body weight.				☐ Autistic spectrum disorder	www.placesleisure.org
		Thursdays		☐ Physical impairment	www.piacesieisure.org
		6pm		☑ All of the above	
				☐ None of the above	





Activity	Ages	When	Where	Accessibility	Contact
Body Conditioning		Fridays	Parish Wharf	☐ Blind / visual impairment	01275 848 494
Total body shaping		9.15am to 10.15am	Leisure Centre	☐ Deaf / hard of hearing	
workout utilising lower and upper body exercises		10.13a111	Harbour Road Portishead	☐ Learning disability / difficulty	https://www.placesleisur
using bands, steps, hand		Sundays	BS20 7DD	☐ Mental health condition	e.org/centres/parish- wharf-leisure-centre/
weights and body weight.		9am to 10am		☐ Autistic spectrum disorder	Whati-leisure-centre/
Get great results from this high calorie burning class				☐ Physical impairment	
Thigh dalone burning dads				\square All of the above	
				\square None of the above	
Body Pump		Tuesdays	Parish Wharf	☐ Blind / visual impairment	01275 848 494
Barbell class that		7pm to 8pm	Leisure Centre	☐ Deaf / hard of hearing	
strengthens your entire body. Challenges all of		Thursdays	Harbour Road Portishead	☐ Learning disability / difficulty	https://www.placesleisur
your major muscle groups		6.30pm to 7.30pm	BS20 7DD	☐ Mental health condition	<u>e.org/centres/parish-</u> wharf-leisure-centre/
using exercises like		Fridays		☐ Autistic spectrum disorder	What loisare centre/
squats, presses, lifts and curls.		12.15pm to		☐ Physical impairment	
curio.		1.15pm		\square All of the above	
				\square None of the above	





Activity	Ages	When	Where	Accessibility	Contact
Body Pump Express		Wednesdays	Parish Wharf	☐ Blind / visual impairment	01275 848 494
Barbell class that		5.15 to 5.45pm Leisure Centre	☐ Deaf / hard of hearing		
strengthens your entire body. Challenges all of			Harbour Road Portishead BS20 7DD	☐ Learning disability / difficulty	https://www.placesleisur
your major muscle groups				☐ Mental health condition	e.org/centres/parish- wharf-leisure-centre/
using exercises like				☐ Autistic spectrum disorder	What loisure certire/
squats, presses, lifts and curls.				☐ Physical impairment	
curis.				☐ All of the above	
				☐ None of the above	
Body Sculpt	16+	Mondays	Parish Wharf	☐ Blind / visual impairment	01275 848 494
Body shaping session		9.15am to	Leisure Centre	☐ Deaf / hard of hearing	
using legs, tums and bums as well as your upper		10.15am	Harbour Road Portishead	☐ Learning disability / difficulty	https://www.placesleisur
body. Utilising bands,		Sundays	BS20 7DD	☐ Mental health condition	e.org/centres/parish- wharf-leisure-centre/
weights and barbells to		10.15am to		☐ Autistic spectrum disorder	What lolder control
achieve great results		11.15am		☐ Physical impairment	
				☐ All of the above	
				☐ None of the above	





Activity	Ages	When	Where	Accessibility	Contact
Body Weight		Mondays	Eisey's Community	☐ Blind / visual impairment	07771 880 580
Conditioning		6.15pm to 7pm	Gym 137 Old Street	☐ Deaf / hard of hearing	
A full body workout			Clevedon	☐ Learning disability / difficulty	
			BS21 6BH	☐ Mental health condition	
				☐ Autistic spectrum disorder	
				☐ Physical impairment	
				☐ All of the above	
				\square None of the above	
Boxing	Adults	Thursdays	Eisey's Community	☐ Blind / visual impairment	07771 880 580
Boxing drills and	only	7pm to 8pm	Gym 137 Old Street	☐ Deaf / hard of hearing	
conditioning			Clevedon	☐ Learning disability / difficulty	
			BS21 6BH	☐ Mental health condition	
				☐ Autistic spectrum disorder	
				☐ Physical impairment	
				☐ All of the above	
				\square None of the above	





Activity	Ages	When	Where	Accessibility	Contact
Boxing and		Mondays	Eisey's Community	☐ Blind / visual impairment	07771 880 580
Conditioning		7.15pm to 8pm	Gym 137 Old Street	☐ Deaf / hard of hearing	
Boxing drills and conditioning			Clevedon	☐ Learning disability / difficulty	
Conditioning			BS21 6BH	☐ Mental health condition	
				☐ Autistic spectrum disorder	
				☐ Physical impairment	
				☐ All of the above	
				☐ None of the above	
Chair Fitness Classes	14+	Tuesdays	@Worle	☐ Blind / visual impairment	@Worle
Exercise and fitness all based while on a chair.		12pm	58 New Bristol Road Weston-super-Mare	☐ Deaf / hard of hearing	01934 886 111
Perfect for those with		Thursdays	BS22 6AQ	☐ Learning disability / difficulty	
mobility issues who want		11.30am		☐ Mental health condition	Enquiries@worle.org.uk
to keep moving				☐ Autistic spectrum disorder	
				☐ Physical impairment	www.worle.org.uk
				☑ All of the above	
				☐ 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.	





Activity	Ages	When	Where	Accessibility	Contact
Circuits		Mondays	Parish Wharf	☐ Blind / visual impairment	01275 848 494
An exciting mix of body		5.15pm to 6.15pm	Leisure Centre	☐ Deaf / hard of hearing	
weight and external weighted total body		Fridays	Harbour Road Portishead	☐ Learning disability / difficulty	https://www.placesleisur
conditioning exercises,		5.30pm to 6.30pm	BS20 7DD	☐ Mental health condition	e.org/centres/parish- wharf-leisure-centre/
resulting in a full body				☐ Autistic spectrum disorder	WHAT ICISATE CENTER
workout				☐ Physical impairment	
				☐ All of the above	
				☐ None of the above	
Circuits	16+	Fridays	Strode Leisure	☐ Blind / visual impairment	Becky Hobbs
An exciting mix of body		6pm	Centre Clevedon	☐ Deaf / hard of hearing	01275 879 242
weight and weighted exercises, resulting in a full			BS21 6QG	☐ Learning disability / difficulty	Beckyhobbs@pfpleisure
body workout				☐ Mental health condition	.org
				☐ Autistic spectrum disorder	www.placesleisure.org
				☐ Physical impairment	www.placesieisure.org
				☑ All of the above	
				\square None of the above	





Activity	Ages	When	Where	Accessibility	Contact
Circuits		Tuesdays	Eisey's Community	☐ Blind / visual impairment	07771 880 580
A full body workout with		6.15pm to 7pm	Gym 137 Old Street	☐ Deaf / hard of hearing	
lots of toys and equipment			Clevedon	☐ Learning disability / difficulty	
			BS21 6BH	☐ Mental health condition	
				☐ Autistic spectrum disorder	
				☐ Physical impairment	
				☐ All of the above	
				☐ None of the above	
Exercise for	18+	Wednesdays	Everyone Active	☐ Blind / visual impairment	https://www.everyoneact
Parkinson's		11am	Stadium Davis Lane	☐ Deaf / hard of hearing	ive.com/centre/Everyon
Specifically designed for			Clevedon	☐ Learning disability / difficulty	e-Active-Stadium/
people living with Parkinson's, to help			BS21 6TG	☐ Mental health condition	0127 587 1600
manage their symptoms.				☐ Autistic spectrum disorder	
Delivered by an 'Exercise				☐ Physical impairment	Book online, at the centre or via the
with Neurological Conditions' qualified				☐ All of the above	Everyone Active app
instructor				☐ None of the above	





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





Activity	Ages	When	Where	Accessibility	Contact
Forever Active		Mondays	Parish Wharf	☐ Blind / visual impairment	01275 848 494
Suitable for pre and post-		10.30am to	Leisure Centre	☐ Deaf / hard of hearing	
natal and older adults. Low impact keep fit class with		11.30am	Harbour Road Portishead	☐ Learning disability / difficulty	https://www.placesleisur
an extended warm up to			BS20 7DD	☐ Mental health condition	e.org/centres/parish- wharf-leisure-centre/
maintain and improve co-				☐ Autistic spectrum disorder	What loisure certie/
ordination, flexibility, strength and fitness				☐ Physical impairment	
otrongth and harooc				☐ All of the above	
				☐ None of the above	
Forever Active		Mondays and	Parish Wharf	☐ Blind / visual impairment	01275 848 494
Aerobics		Wednesdays	Leisure Centre	☐ Deaf / hard of hearing	
A low impact, cardiovascular based class		12.15pm to 1.15pm	Harbour Road Portishead	☐ Learning disability / difficulty	https://www.placesleisur
aimed at improving co-		- r	BS20 7DD	☐ Mental health condition	e.org/centres/parish- wharf-leisure-centre/
ordination, posture and				☐ Autistic spectrum disorder	What loisare centre/
cardiovascular health				☐ Physical impairment	
				☐ All of the above	
				☐ None of the above	





Activity	Ages	When	Where	Accessibility	Contact
Forever Active Steady		Fridays	Parish Wharf	☐ Blind / visual impairment	01275 848 494
and Strong		10.30am to Leisure Centre Harbour Road Portishead		☐ Deaf / hard of hearing	
A low impact class that combines day to day			☐ Learning disability / difficulty	https://www.placesleisur	
functional movement,			BS20 7DD	☐ Mental health condition	e.org/centres/parish- wharf-leisure-centre/
strength improvement				☐ Autistic spectrum disorder	whan-leisure-centre/
activities and stretching				☐ Physical impairment	
				☐ All of the above	
				☐ None of the above	
Full Body Circuit	16+	Mondays	Claverham Village	☐ Blind / visual impairment	Chelsea Heal
Training		6.45pm	Hall Bishops Road	☐ Deaf / hard of hearing	07944 408 481
Classes are suitable for all abilities. They are fun,			Cleeve	☐ Learning disability / difficulty	ChelseahealHFL@gmail
welcoming, and are great if			Claverham	☐ Mental health condition	.com
you want to get fitter and			BS49 4NF	☐ Autistic spectrum disorder	
stronger.				☐ Physical impairment	
				☐ All of the above	
				✓ None of the above	





Activity	Ages	When	Where	Accessibility	Contact
Kettlebells		Tuesdays	Parish Wharf	☐ Blind / visual impairment	01275 848 494
Using Kettlebells to		6pm to 7pm	Leisure Centre Harbour Road	☐ Deaf / hard of hearing	
improve all over functional strength, flexibility, co-		Saturdays	Portishead	☐ Learning disability / difficulty	https://www.placesleisur
ordination and can provide		9.30am to	BS20 7DD	☐ Mental health condition	e.org/centres/parish- wharf-leisure-centre/
a great cardiovascular		10.30am		☐ Autistic spectrum disorder	What lolder control
workout too				☐ Physical impairment	
				☐ All of the above	
				☐ None of the above	
Ladies Boxing		Thursdays	Eisey's Community	☐ Blind / visual impairment	07771 880 580
Boxing drills and		9.30am – 10.30am	Gym 137 Old Street Clevedon BS21 6BH	☐ Deaf / hard of hearing	
conditioning				☐ Learning disability / difficulty	
				☐ Mental health condition	
				☐ Autistic spectrum disorder	
				☐ Physical impairment	
				☐ All of the above	
				☐ None of the above	





Activity	Ages	When	Where	Accessibility	Contact
Legs, Bums and Tums	16+	Wednesdays	Claverham Village	☐ Blind / visual impairment	Chelsea Heal
Classes are suitable for all		6.15pm	Hall Bishops Road	☐ Deaf / hard of hearing	07944 408 481
abilities. They are fun, welcoming, and are great if			Cleeve	☐ Learning disability / difficulty	ChelseahealHFL@gmail
you want to get fitter and			Claverham	☐ Mental health condition	.com
stronger.			BS49 4NF	☐ Autistic spectrum disorder	
				☐ Physical impairment	
				☐ All of the above	
				✓ None of the above	
Legs, Bums and Tums	16+	Thursdays	Strode Leisure	☐ Blind / visual impairment	Becky Hobbs
A fun easy class targeting legs, bums and tums		9.30am	Centre Clevedon	☐ Deaf / hard of hearing	01275 879 242
legs, builts and tuilts			BS21 6QG	☐ Learning disability / difficulty	Beckyhobbs@pfpleisure .org www.placesleisure.org
				☐ Mental health condition	
				☐ Autistic spectrum disorder	
				☐ Physical impairment	
				☑ All of the above	
				☐ None of the above	





Activity	Ages	When	Where	Accessibility	Contact
Legs, Bums and Tums	16+	Saturdays	Parish Wharf	☐ Blind / visual impairment	01275 848 494
A fun, easy to follow class		8.30am to 9.30am	Leisure Centre Harbour Road	☐ Deaf / hard of hearing	
targeting all of those problem areas!			Portishead	☐ Learning disability / difficulty	https://www.placesleisur
			BS20 7DD	☐ Mental health condition	e.org/centres/parish- wharf-leisure-centre/
				☐ Autistic spectrum disorder	What lolder control
				☐ Physical impairment	
				☐ All of the above	
				☐ None of the above	
Move, Stretch, Relax	Over	Wednesdays	Clevedon Scout Hall	☐ Blind / visual impairment	Amy Garrahy
(Clevedon)		11.45am to	Oldville Avenue Clevedon	☐ Deaf / hard of hearing	07731 451 885
Improves balance, flexibility and strength.		12.45pm	BS21 6HG	☐ Learning disability / difficulty	agarrahy@yahoo.co.uk
Uplifting music and				☐ Mental health condition	agarrany & yanoo.oo.an
movement, a feeling of				☐ Autistic spectrum disorder	
wellbeing				☐ Physical impairment	
				☐ All of the above	
				☐ None of the above	





Activity	Ages	When	Where	Accessibility	Contact
Move, Stretch, Relax (Nailsea) Improves balance, flexibility and strength. Uplifting music and movement, a feeling of wellbeing (Nailsea)	Over 50s	Wednesdays 10am to 11am	1 st Nailsea Scouts Clevedon Road BS48 1EH	 □ Blind / visual impairment □ Deaf / hard of hearing □ Learning disability / difficulty □ Mental health condition □ Autistic spectrum disorder □ Physical impairment □ All of the above □ None of the above 	Amy Garrahy 07731 451 885 agarrahy@yahoo.co.uk
North Somerset Mencap Sports Club for disabled adults 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.	16+	Thursdays 7.30pm to 8.30pm Term time only	Nailsea Methodist Church and Community Centre 74 Silver Street Nailsea Bristol BS48 2DS	 □ Blind / visual impairment □ Deaf / hard of hearing □ Learning disability / difficulty □ Mental health condition □ Autistic spectrum disorder □ Physical impairment ☑ All of the above □ None of the above 	Anita Brown 07766 767 222 Nitabrown40@hotmail.c o.uk





Activity	Ages	When	Where	Accessibility	Contact
Over 50s Strength and	50+	Thursdays	@Worle	☐ Blind / visual impairment	@Worle
Conditioning		10.15am	58 New Bristol Road Weston-super-Mare	☐ Deaf / hard of hearing	01934 886 111
A toned down fitness and weights class to allow for			BS22 6AQ	☐ Learning disability / difficulty	
explanations and help				☐ Mental health condition	Enquiries@worle.org.uk
while understanding new				☐ Autistic spectrum disorder	
movements				☐ Physical impairment	www.worle.org.uk
				☑ All of the above	
				☐ 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.	
Over 60s Low Impact	60+	Mondays	Berrow Village Hall	☐ Blind / visual impairment	Stephanie Anne
Fitness Class		11am and 1.30pm	Parsonage Road Berrow	☑ Deaf / hard of hearing	07421 762 532
(Berrow)		Thursdays	TA8 2NJ	☐ Learning disability / difficulty	Anne.panesar@moveito
Specifically designed for ageing well and healthily improving strength,		11am ´		☑ Mental health condition	rloseit.co.uk
				☐ Autistic spectrum disorder	
flexibility, balance and lung				☑ Physical impairment	
health. Fun, social and you				\square All of the above	
go at your own pace!				☐ None of the above	





Activity	Ages	When	Where	Accessibility	Contact
Over 60s Low Impact Fitness Class (Burnham) Specifically designed for ageing well and healthily improving strength, flexibility, balance and lung health. Fun, social and you go at your own pace!	60+	Thursdays 9am and 2pm	Baptist Church College Road Burnham-on-Sea TA8 1AR	 ☐ Blind / visual impairment ☑ Deaf / hard of hearing ☐ Learning disability / difficulty ☑ Mental health condition ☐ Autistic spectrum disorder ☑ Physical impairment ☐ All of the above ☐ None of the above 	Stephanie Anne 07421 762 532 <u>Anne.panesar@moveito</u> <u>rloseit.co.uk</u>
Power A half an hour full body free weight session. Teaching you the fundamentals of weight training and giving you a great full body workout		Tuesdays 9.15am to 9.45am Thursdays 5.45pm to 6.15pm	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	 □ Blind / visual impairment □ Deaf / hard of hearing □ Learning disability / difficulty □ Mental health condition □ Autistic spectrum disorder □ Physical impairment □ All of the above □ None of the above 	https://www.placesleisure.org/centres/parishwharf-leisure-centre/





Activity	Ages	When	Where	Accessibility	Contact
Prevention of Falls		Wednesdays	Shipham Village	☐ Blind / visual impairment	Corrinne Mutlow
Exercises		1pm to 2.30pm	Hall New Road	☐ Deaf / hard of hearing	07919 532 960
			Shipham	☐ Learning disability / difficulty	coz@cmutlow.com
			BS23 1SG	☐ Mental health condition	<u>002@0matiow.00m</u>
				☐ Autistic spectrum disorder	
				☐ Physical impairment	
				☐ All of the above	
				\square None of the above	
Rig Circuits		Mondays	Parish Wharf	☐ Blind / visual impairment	01275 848 494
A superb way to shift		7.15am to 7.45am	Leisure Centre Harbour Road	☐ Deaf / hard of hearing	
excess fat, build lean muscle and condition the		7.15pm to 7.45pm	Portishead	☐ Learning disability / difficulty	https://www.placesleisur
heart and lungs. Using the		Tuesdays	BS20 7DD	☐ Mental health condition	e.org/centres/parish- wharf-leisure-centre/
traditional range of simple		12.30pm to 1pm		☐ Autistic spectrum disorder	whati-leisure-centre/
bodyweight, free weights, functional equipment and		Thursdays		☐ Physical impairment	
suspension		7.15am to 7.45am		☐ All of the above	
		Sundays 10.15am to 10.45am		☐ None of the above	





Activity	Ages	When	Where	Accessibility	Contact
Step Aerobics		Mondays	Winscombe	☐ Blind / visual impairment	Madi Hearne
		7pm to 8pm	Community Centre 11 Sandford Road	☐ Deaf / hard of hearing	07896 076 387
			Winscombe	☐ Learning disability / difficulty	Madile and Abtists west
			BS25 1JA	☐ Mental health condition	Madi.hearne@btinternet .com
				☐ Autistic spectrum disorder	<u></u>
				☐ Physical impairment	
				☐ All of the above	
				\square None of the above	
Stretch and Define		Wednesdays and	Parish Wharf	☐ Blind / visual impairment	01275 848 494
7 t gornio ciaco to circion		Thursdays 1.30pm to 2.30pm	Leisure Centre	☐ Deaf / hard of hearing	
	1.50pm to 2.50pm	Harbour Road Portishead	☐ Learning disability / difficulty	https://www.placesleisur	
			BS20 7DD	☐ Mental health condition	e.org/centres/parish- wharf-leisure-centre/
				☐ Autistic spectrum disorder	What lolder control
				☐ Physical impairment	
				☐ All of the above	
				☐ None of the above	





Activity	Ages	When	Where	Accessibility	Contact
Strength and		Wednesdays	Eisey's Community	☐ Blind / visual impairment	07771 880 580
Conditioning		6.15pm to 7pm	Gym 137 Old Street	☐ Deaf / hard of hearing	
Using a safe weight-lifting system called landmines.		Saturdays	Clevedon	☐ Learning disability / difficulty	
Abs, cardio and		8.30am to 9.30am	BS21 6BH	☐ Mental health condition	
bodyweight drills				☐ Autistic spectrum disorder	
				☐ Physical impairment	
				☐ All of the above	
				☐ None of the above	
Youth Boxing	12 to	Thursdays	Eisey's Community	☐ Blind / visual impairment	07771 880 580
From basics to boxing drills and conditioning	16 5.05pm to 5.50 years	5.05pm to 5.50pm	Gym 137 Old Street	☐ Deaf / hard of hearing	
units and conditioning			Clevedon	☐ Learning disability / difficulty	
			BS21 6BH	☐ Mental health condition	
				☐ Autistic spectrum disorder	
				☐ Physical impairment	
				☐ All of the above	
				☐ None of the above	





Activity	Ages	When	Where	Accessibility	Contact
Zumba - Portishead		Tuesdays	Parish Wharf	☐ Blind / visual impairment	01275 848 494
Party yourself into shape!		7.15pm to 8.15pm	Leisure Centre	☐ Deaf / hard of hearing	
A fun, empowering and energising class which		Thursdays	Harbour Road Portishead	☐ Learning disability / difficulty	https://www.placesleisur
combines salsa, cumbia,		9.30am to	BS20 7DD	☐ Mental health condition	e.org/centres/parish- wharf-leisure-centre/
cha-cha-cha, hip hop and		10.30am		☐ Autistic spectrum disorder	whati-leisure-certire/
more in easy to follow routines. Suitable for all		Fridays		☐ Physical impairment	
levels		6pm to 7pm		☐ All of the above	
				\square None of the above	
Zumba - Burnham	16+	Thursdays	Starlight Studios	☐ Blind / visual impairment	Natalie Kemmish
All abilities welcome.		8pm	Burnham-on-Sea	☐ Deaf / hard of hearing	07770 000 540
Fitness class featuring a mixture of pop, salsa,				☐ Learning disability / difficulty	07773 686 548
reggaeton. Have fun				☐ Mental health condition	nataliekemmish@gmail.
moving and smiling, you				☐ Autistic spectrum disorder	com
you'll have so much fun you won't realise you're				☐ Physical impairment	
exercising!				☐ All of the above	https://gymcatch.com/ap
_				✓ None of the above	p/provider/3576





Activity	Ages	When	Where	Accessibility	Contact
Zumba Gold -		Tuesdays	Parish Wharf	☐ Blind / visual impairment	01275 848 494
Portishead		9.30am to 10.30am	Leisure Centre	☐ Deaf / hard of hearing	
Takes the Zumba formula and modifies the moves		10.30am	Harbour Road Portishead	☐ Learning disability / difficulty	https://www.placesleisur
and pacing to suit the			BS20 7DD	☐ Mental health condition	e.org/centres/parish- wharf-leisure-centre/
needs of the active, older				☐ Autistic spectrum disorder	whan-leisure-centre/
participant.				☐ Physical impairment	
				\square All of the above	
				\square None of the above	
Zumba Gold -	50+	Tuesdays	Walnut Grove	☐ Blind / visual impairment	Walnut Grove Clinic
Portishead		11am to 12pm	Studio 81 Papermill	☐ Deaf / hard of hearing	01275 818 303
Zumba class for all. Movement to music,			Gardens	☐ Learning disability / difficulty	
seated or standing to each			Portishead	☐ Mental health condition	healthcare@walnutgrov eclinic.com
persons ability. Small			BS20 7RL	☐ Autistic spectrum disorder	<u>commo.com</u>
classes to ensure good instructor/participant ratio				☐ Physical impairment	www.walnutgroveclinic.c
motructor/participant fatio				☑ All of the above	<u>om</u>
				\square None of the above	