

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
Adult trampoline and gymnastics for all abilities Jumping on a trampoline exercises the whole body! It's a fun way to keep fit and active whilst meeting new people.	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 quaysidetgc@aol.com https://www.quayside.club/
Age UK Somerset – Various classes available. Please see timetable in Contact box for full list				<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	https://www.ageuk.org.uk/somerset/activities-and-events/ageing-well-classes-timetable/

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Activity	Ages	When	Where	Accessibility	Contact
Barre		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 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/
Body Attack 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 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/

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Activity	Ages	When	Where	Accessibility	Contact
Body Balance This Yoga, Tai Chi, Pilates workout builds flexibility and strength and leaves you feeling centred and calm	16+	Mondays 7.35pm to 8.35pm Tuesdays 10.30am to 11.15am Wednesdays 7.15pm to 8.15pm	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	Becky Hobbs 01275 879 242 Beckyhobbs@pfpleasure.org www.placesleisure.org
Body Conditioning A total body shaping workout. Using lower and upper body exercises, using bands, weights, and body weight.	16+	Mondays 9.30am Tuesdays 7pm Thursdays 6pm	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	Becky Hobbs 01275 879 242 Beckyhobbs@pfpleasure.org www.placesleisure.org

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Activity	Ages	When	Where	Accessibility	Contact
Body Conditioning 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		Fridays 9.15am to 10.15am Sundays 9am to 10am	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 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/
Body Pump Barbell class that strengthens your entire body. Challenges all of your major muscle groups using exercises like squats, presses, lifts and curls.		Tuesdays 7pm to 8pm Thursdays 6.30pm to 7.30pm Fridays 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 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/

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Activity	Ages	When	Where	Accessibility	Contact
Body Pump Express Barbell class that strengthens your entire body. Challenges all of your major muscle groups using exercises like squats, presses, lifts and curls.		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 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/
Body Sculpt Body shaping session using legs, tums and bums as well as your upper body. Utilising bands, weights and barbells to achieve great results	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 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/

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Activity	Ages	When	Where	Accessibility	Contact
Body Weight Conditioning A full body workout		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
Boxing Boxing drills and conditioning	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

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Activity	Ages	When	Where	Accessibility	Contact
Boxing and Conditioning 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
Chair Fitness Our chair fitness classes use seated exercises, supporting mobility or balance needs, reducing lower body pressure, building confidence, aiding injury recovery.	14+	Tuesdays 12pm Thursdays 11.30am	Worle Centre 58 New Bristol Road Weston-super-Mare BS22 6AQ	<input checked="" 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 checked="" 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	01934 886 111 Enquiries@worle.org.uk www.worle.org.uk

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Activity	Ages	When	Where	Accessibility	Contact
Circuits An exciting mix of body weight and external weighted total body conditioning exercises, resulting in a full body workout		Mondays 5.15pm to 6.15pm Fridays 5.30pm to 6.30pm	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 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/
Circuits An exciting mix of body weight and weighted exercises, resulting in a full body workout	16+	Fridays 6pm	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	Becky Hobbs 01275 879 242 Beckyhobbs@pfpleisure.org www.placesleisure.org

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Activity	Ages	When	Where	Accessibility	Contact
Circuits A full body workout with lots of toys and equipment		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
Exercise for Parkinson's Specifically designed for people living with Parkinson's, to help manage their symptoms. Delivered by an 'Exercise with Neurological Conditions' qualified instructor	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	https://www.everyoneactive.com/centre/Everyone-Active-Stadium/ 0127 587 1600 Book online, at the centre or via the Everyone Active app

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Activity	Ages	When	Where	Accessibility	Contact
<p>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.</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>	<input type="checkbox"/> Blind / visual impairment <input 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 type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Lesley Waldron 07875 026 420 lesley@wildcountrywoman.com http://www.wildcountrywoman.com/</p>
<p>Fitness for MS patients 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>	<input checked="" type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input checked="" 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>Dax Corlett 07813 939 806 dax.james.corlett@gmail.com https://www.mssociety.org.uk/care-and-support/local-support/local-groups/north-somerset-group</p>

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Activity	Ages	When	Where	Accessibility	Contact
Forever Active 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		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 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/
Forever Active Aerobics A low impact, cardiovascular based class aimed at improving co-ordination, posture and cardiovascular health		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 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/

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Activity	Ages	When	Where	Accessibility	Contact
Forever Active Steady and Strong A low impact class that combines day to day functional movement, strength improvement activities and stretching		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 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/
Full Body Circuit Training Classes are suitable for all abilities. They are fun, welcoming, and are great if you want to get fitter and stronger.	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 ChelseahealHFL@gmail.com

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Activity	Ages	When	Where	Accessibility	Contact
Kettlebells Using Kettlebells to improve all over functional strength, flexibility, co-ordination and can provide a great cardiovascular workout too		Tuesdays 6pm to 7pm Saturdays 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 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/
Kettlecise Kettlecise is a kettlebell based fitness programme for fat burning and body shaping using high volume, moderate intensity non-stop routines.	17+	Sundays 9am	Worle Centre 58 New Bristol Road Weston-s-Mare BS22 6AQ	<input checked="" 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 checked="" 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	01934 886 111 enquiries@worle.org.uk www.worle.org.uk

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Activity	Ages	When	Where	Accessibility	Contact
Ladies Boxing Boxing drills and conditioning		Thursdays 9.30am – 10.30am	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
Ladies Fitness Classes Fun, social classes for all ages	18+	Mondays 7pm to 7.50pm and 8pm to 8.50pm	Bleadon Village Hall 5 Coronation Road Bleadon Weston-super-Mare BS24 0PG	<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	Marie Keele 07939 038 071 mariekeele@hotmail.co.uk facebook: Marie's Fitness Classes

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Activity	Ages	When	Where	Accessibility	Contact
<p>Legs, Bums and Tums 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	Chelsea Heal 07944 408 481 ChelseahealHFL@gmail.com
<p>Legs, Bums and Tums 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	Becky Hobbs 01275 879 242 Beckyhobbs@pfpleisure.org www.placesleisure.org

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Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
Legs, Bums and Tums A fun, easy to follow class targeting all of those problem areas!	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 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/
Move, Stretch, Relax (Clevedon) Improves balance, flexibility and strength. Uplifting music and movement, a feeling of wellbeing	Over 50s	Wednesdays 11.30am	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 agarrahy@yahoo.co.uk

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Activity	Ages	When	Where	Accessibility	Contact
<p>North Somerset Mencap Sports Club for disabled adults</p> <p>Get fit and moving with fun sports and activities facilitated by a sports coach and adapted for all abilities.</p> <p>Great opportunity to make friends and get active.</p>	16+	<p>Thursdays 7.30pm to 8.30pm Term time only</p>	<p>Nailsea Methodist Church and Community Centre 74 Silver Street Nailsea Bristol BS48 2DS</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 checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Anita Brown 07766 767 222 Nitabrown40@hotmail.co.uk</p>
<p>Over 50s Strength and Conditioning</p> <p>A toned down fitness and weights class to allow for explanations and help while understanding new movements</p>	50+	<p>Thursdays 10.15am</p>	<p>@Worle 58 New Bristol Road Weston-super-Mare BS22 6AQ</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 checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above <p>People with all of the above are welcome, please bring any support staff with you and make instructors aware they're there.</p>	<p>@Worle 01934 886 111 Enquiries@worle.org.uk www.worle.org.uk</p>

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Activity	Ages	When	Where	Accessibility	Contact
Over 60s Low Impact Fitness Class (Berrow) Specifically designed for ageing well and healthily improving strength, flexibility, balance and lung health. Fun, social and you go at your own pace!	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 Anne.panesar@moveitorloseit.co.uk
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	<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 Anne.panesar@moveitorloseit.co.uk

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Activity	Ages	When	Where	Accessibility	Contact
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	<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 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/
Prevention of Falls Exercises		Wednesdays 1pm to 2.30pm	Shipham Village Hall New Road Shipham BS23 1SG	<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	Corrinne Mutlow 07919 532 960 coz@cmutlow.com

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Rig Circuits 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		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	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 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/
Spin and Core Indoor cycling class focused on endurance, strength, intervals, intensity, recovery on bikes, followed by core exercises strengthening abdomen and back	14+	Wednesdays 6am	Worle Centre 58 New Bristol Road Weston-s-Mare BS22 6AQ	<input checked="" 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 checked="" type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	01934 886 111 enquiries@worle.org.uk www.worle.org.uk

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Activity	Ages	When	Where	Accessibility	Contact
Step Aerobics		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 Madi.hearne@btinternet.com
Stretch and Core Stretch and core is a low impact class lengthening muscles, strengthening abdominals, combining stretching and core work for fitness levels.	14+	Fridays 10.25am	Worle Centre 58 New Bristol Road Weston-s-Mare BS22 6AQ	<input checked="" 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 checked="" 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	01934 886 111 enquiries@worle.org.uk www.worle.org.uk

Get Active in North Somerset

Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
<p>Stretch and Define 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</p>		<p>Wednesdays and Thursdays 1.30pm to 2.30pm</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>https://www.placesleisure.org/centres/parish-wharf-leisure-centre/</p>
<p>Strength and Conditioning 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>	<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>07771 880 580</p>

Get Active in North Somerset

Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
Youth Boxing From basics to boxing drills and conditioning	12 to 16 years	Thursdays 5.05pm to 5.50pm	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
Zumba - Portishead 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		Tuesdays 7.15pm to 8.15pm Thursdays 9.30am to 10.30am Fridays 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 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/

Get Active in North Somerset

Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
Zumba - Burnham 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!	16+	Thursdays 8pm	Starlight Studios Burnham-on-Sea	<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	Natalie Kemmish 07773 686 548 nataliekemmish@gmail.com https://gymcatch.com/app/provider/3576
Zumba Gold - Portishead Takes the Zumba formula and modifies the moves and pacing to suit the needs of the active, older participant.		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 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/

Get Active in North Somerset

Physical activities and healthy living

Activity	Ages	When	Where	Accessibility	Contact
Zumba Gold - Portishead Zumba class for all. Movement to music, seated or standing to each persons ability. Small classes to ensure good instructor/participant ratio	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 healthcare@walnutgrov eclinic.com www.walnutgrov eclinic.com