



BOUNCE BEYOND 50 NORTH HERTFORDSHIRE AND STEVENAGE

Exercise opportunities for those over the age of 50



BOUNCE BEYOND 50
Helping you stay active for longer

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Falls Prevention

Health care professionals at the Lister and QEII hospitals run a Falls Prevention Clinic to identify and reduce the risk of falling through referrals from GP's.

Sixteen week Postural Stability Exercise Classes improving strength, mobility and independence, are run by Falls staff for appropriate patients at local leisure centres.

For further information contact:

Amy Stevens, Community Exercise Co-ordinator

Tel: 01438 841837

Bounce Beyond 50 was developed to provide a detailed resource of all the activities and facilities that are available within the North Hertfordshire and Stevenage community for those over the age of 50.

It is especially important to continue or begin to exercise on a regular basis after 50 years of age and as you grow older. Regular exercise is not only beneficial in terms of general health, but also in the prevention and rehabilitation of health problems.

Such health conditions include osteoporosis, arthritis (osteo and rhumatoid), joint replacements, depression, coronary heart disease, diabetes, stroke and the risk of falling.

Activities to perform should be fun, enjoyable and social, of a moderate intensity where you feel warm and slightly out of breath. Try for half an hour per day. There are no hard and fast rules, just as long as the activity is enjoyable and remember, it is never too late to start!

For further information contact:
Amy Stevens, Community Exercise Co-ordinator
Tel: 01438 841837

Baldock Community Centre
Simpson Drive, Baldock SG7 6DH
Tel: 01462 894109

Monday

- Yoga: 7.30pm (Tel: 01462 892937)
- Adult Tap Dancing: 8.00pm (Tel: 01438 360811)

Tuesday

- Keep Fit for Seniors: 9.30am
- Yoga: 7.30pm (Tel: 01462 892937)
- Line Dancing: 8.00pm (Tel: 01462 634524)

Wednesday

- 50+ Exercise to Music: 10.00am (Tel: 01462 686475)

Thursday

- Yoga: 10.15am (Tel: 01920 830227)
- Body and Soul Time: 10.15am
- Belly Dancing*: 8.30pm (Tel: 07766 086183)

Friday

- 50+ Exercise to Music: 11.15am (Tel: 01462 686475)
- Tea Dance*²: 3.00pm

* These classes are term time only

*²Last Friday of the month

Hartsfield School
Clothall Road, Baldock SG7 6PB

Wednesday

- Slim and Aerobics: 7.00pm (Tel: 01727 828334)

*Knights Templar Sports Centre
Weston Way, Baldock SG7 6EY
Tel: 01462 631300*

Monday

- Legs, Bums and Tums: 6.00pm

Tuesday

- Body Sculpt: 6.00pm
- Masters Badminton Club: 8.00pm

Wednesday

- Academy Badminton Club: 8.00pm
- Pilates: 8.15pm

Friday

- Circuit Training: 6.00pm
- Tai Kwon Do: 7.00pm

Saturday

- Circuit Training: 9.00am
- Pilates: 12.00pm
- Junior Badminton Club, 50+ welcome: 2.00pm

Sunday

- Easy Fitness: 9.00am
- Tai Kwon Do: 11.30am

Knights Templar Sports Centre, also run additional tennis clubs.

*St Mary's Church Hall
Church Street, Baldock SG7 5AD*

Tuesday

- Gold Medal Dance Class: 7.30pm
- Ballroom and Latin Dance, beginners to improvers: 8.00pm
- Social Practice Evening: 9.00pm (Tel: 01462 453613)

Weston Village Hall
Maiden Street, Weston SG4 7AA

Tuesday

- Ballroom Dancing*: 2.00pm (Tel: 01462 790571)

Wednesday

- Strength and Balance Class: 11.00am

*Monthly

Bancroft Hall
Bancroft, Hitchin SG5 1DD

Friday

- African Caribbean Strength and Balance Class: 11.30am
(Tel: 01462 432242)

Chesterfield Downs Golf Club
Jacks Hill, Graveley, Hitchin SG4 7EQ
Tel: 01462 482929

The Chesterfield Downs Golf Club run group lessons for those who want to learn how to play golf.

Christchurch Hall
Bedford Road, Hitchin SG5 1HR

Thursday

- 50+ Badminton: 2.30pm (Tel: 01462 437909)

Fitness Connection
Queen Street, Hitchin SG4 9TS
Tel: 01462 437757

Monday

- Cardiac Rehabilitation: 10.30am

Tuesday

- Pilates: 12.30pm
- Mature Movers: 2.00pm

Wednesday

- Pilates: 7.15pm

Thursday

- Mature Movers: 10.30am (Tel: 01462 625158)
- Yoga: 8.15pm

Sunday

- Yoga: 11.05am

Highbury School

Standhill Road, Hitchin SG4 9AG

Tel: 01462 630500

Tuesday

- Easy Fit Class*: 8.10pm (Tel: 01462 620014)

*Suitable for Seniors

Hitchin Boys' School

Grammar School Walk, Hitchin SG5 1JB

Wednesday

- Icarus Badminton Club: 7.30pm (Tel: 01767 261996)

Friday

- Purwell Badminton Club: 8.00pm (Tel: 01462 435727)

Sunday

- Masters Badminton Club: 8.00pm (Tel: 01462 682341)

Hitchin Swimming Centre

Fishponds Road, Hitchin SG5 1HA

Tel: 01462 441646

Monday

- 50+ Leisure Swimming: 11.00am
- Adult Lane Swimming: 9.00pm

Wednesday

- Ladies Night: 8.00pm
- Aquasplash, ladies only: 8.15pm

Thursday

- 50+ Aquasplash: 10.00am
- 50+ Aquasplash: 11.00am
- 50+ Leisure Swimming: 11.00am
- Aquasplash: 7.00pm
- Adult Lane Swimming: 8.30pm
- Adult Only Swimming: 8.30pm

Adult swimming lessons are also available.

For dry activities see entry for Kinetika @ Archers Health and Fitness

Hitchin Town Hall

Brand Street, Hitchin SG5 1HX

Tel: 01462 434650

Monday

- Slim and Aerobitone: 9.45am (Tel: 01727 828334)

Tuesday

- Anusara-Inspired Yoga: 10.15am (Tel: 07979 362130)
- Line Dancing: 10.30am (Tel: 07966 988802)

Wednesday

- Flexertone: 11.30am (Tel: 01582 491204)
- Ballroom and Latin Medal Class: 7.30pm
- Ballroom and Latin Dance, beginners: 8.00pm
- Ballroom and Latin Dance, improvers: 9.00pm (Tel: 01462 453613)

Thursday

- Ballroom Dancing: 2.00pm
- Tea Dancing*: 2.00pm (Tel: 01462 474226)

*September until June

Holwell Bowls Club
Holwell Road, Holwell, Hitchin SG5 3SL
Tel: 01462 711523

Friday

- Bowls*: 7.30pm (Tel: 01462 631703)

*Mid April to September

Ickleford Village Hall
82 Arlesey Road, Ickleford, Hitchin SG5 3TG
Tel: 01462 456635

Monday

- Pilates: 2.00pm
- Tai Chi: 6.30pm (Tel: 01462 851489)
- Pilates: 7.45pm (Tel: 01462 625158)
- Keep Fit: 8.00pm

Tuesday

- Tap: 1.00pm (Tel: 01462 625259)

Friday

- Fit for Life, 50+: 9.30am
- Fit for Life, 50+: 10.45am (Tel: 01462 625158)
- Ballroom Dancing: 7.00pm
- Ballroom Dancing: 8.00pm (Tel: 01462 437069)

Kinetika @ Archers Health and Fitness
Fishponds Road, Hitchin SG5 1HA
Tel: 01462 437111

Monday

- Beginners Spin: 10.00am

Tuesday

- Ab Attack: 7.00am
- Core Ball: 12.00pm
- Ab Attack: 5.00pm

Wednesday

- Ab Attack: 6.00pm
- Beginners Spin: 7.15pm

Thursday

- Ab Attack: 7.00pm

Friday

- Ab Attack: 10.00am

Saturday

- Stretch 'n' Flex: 10.00am

Sunday

- Circuit Training: 11.00am

For wet activities see entry for Hitchin Swimming Centre

North Hertfordshire College
Hitchin Centre, Cambridge Road, Hitchin SG4 0JD

Thursday

- Onyx Badminton Club: 8.30pm (Tel: 01462 440590)

Parkwood Health and Fitness
The Exchange, Queen Street, Hitchin SG4 9TY
Tel: 01462 443801

Monday

- Core Stability: 10.00am
- Circuits: 6.30pm

Tuesday

- Circuit Training: 7.00am

Wednesday

- Pilates: 11.00am
- Yoga: 8.00pm

Thursday

- Salsacize: 7.30pm

Friday

- Pilates: 9.30am

Saturday

- Yoga Blends: 10.30am

Peace Memorial Hall
High Street, Codicote, Hitchin SG4 8XE

Wednesday

- Codicote Badminton Club: 8.00pm

Thursday

- Codicote Badminton Club: 7.30pm (Tel: 01438 820710)

Peter Sell House
Desborough Road, Hitchin SG4 0NW

Monday

- Mature Movers: 10.30am (Tel: 01462 474226)

St Ippolyts Village Hall
Waterdell Lane, St Ippolyts, Hitchin SG4 7RB

Monday

- Ballroom Dancing: 8.15pm (Tel: 01462 628247)

St John's Community Centre
St John's Road, Hitchin SG4 9JP
Tel: 01462 421225

Monday

- Exercise to Music for Seniors: 11.00am (Tel: 01462 620014)
- Stappers, dance: 8.00pm

Tuesday

- Bodyshaper and Core Stability*: 10.45am (Tel: 01462 620014)
- Heart Fit Circuit: 1.15pm

Thursday

- Heart Fit Circuit: 1.15pm

*Suitable for Seniors

Samuel Lucas JMI School
Gaping Lane, Hitchin SG5 2JQ
Tel: 01462 456737

Tuesday

- Slim and Aerobics: 6.00pm
- Slim and Aerobics: 8.00pm (Tel: 01727 828334)

Thursday

- Bodyshaper and Core Stability*: 7.15pm (Tel: 01462 620014)

*Suitable for Seniors

Strathmore School
Old Hale Way, Hitchin SG5 1XR

Monday

- Non Contact Karate: 6.30pm

Wednesday

- Non Contact Karate: 6.30pm (Tel: 01462 621752)

Thursday

- Non Contact Karate: 6.30pm

Tilehouse Street Baptist Church Hall
Upper Tilehouse Street, Hitchin SG5 2EE

Monday

- 50+ Exercise to Music: 2.00pm (Tel: 01462 686475)

Westmill Community Centre
John Barker Place, Hitchin SG5 2PG
Tel: 01462 452098

Monday

- Tea Dance: 2.00pm
- Ballroom Dancing: 2.00pm
- Carpet Bowls: 7.45pm

Tuesday

- Strength and Balance Class: 11.30am

Thursday

- Carpet Bowls: 1.45pm
- Sequence Dance, lessons: 6.30pm
- Sequence Dancing: 8.00pm
- Ballroom Dancing: 8.00pm

Bortherhood Hall
Gernon Road, Letchworth SG6 3HL

Friday

- Line Dancing: 1.30pm (Tel: 01438 224421)

Fernhill School
Ickniel Way, Letchworth SG6 4AL

Monday

- Highbury Badminton Club: 8.00pm (Tel: 01462 851717)

Tuesday

- Icarus Badminton Club: 8.00pm (Tel: 01767 261996)

Thursday

- 50+ Social Badminton: 8.00pm (Tel: 01462 437909)

Friday

- Redhoods Badminton Club: 8.00pm (Tel: 01462 682547)

Sunday

- Highbury Badminton Club: 10.00am

Howard Garden Social Centre
Norton Way South, Letchworth SG6 1SU
Tel: 01462 682524

Wednesday

- Seated Keep Fit*: 10.30am (Tel: 01462 682524)
- Table Tennis: 10.30am

Friday

- Table Tennis: 2.00pm

*Alternate weeks

Lannock School
Whiteway, Letchworth SG6 2PP

Thursday

- Slim and Aerobics: 6.30pm (Tel: 01727 828334)

Letchworth Centre for Healthy Living
Rosehill Hospital, Hitchin Road, Letchworth SG6 3NA
Tel: 01462 678804

Monday

- Yoga*²: 9.10am
- Carnival Dances: 10.00am
- Yoga*²: 10.45am
- Pilates, beginners to improvers: 1.00pm
- Pilates, beginners to improvers: 4.30pm
- Yoga: 5.15pm
- Pilates, beginners to improvers: 5.45pm
- Yoga: 6.45pm
- Yoga*²: 7.00pm
- Yoga*²: 8.40pm

Tuesday

- Pilates on the Ball: 9.15am
- Alexander Technique: 9.45am
- Pilates, beginners: 10.00am
- Pilates, improvers: 10.30am
- Moving Mindfully, advanced: 11.15am
- Pilates for Back Care: 12.00pm
- Tai Chi, intermediate to advanced: 5.15pm
- Basic Ballet: 7.00pm
- Five Rhythms Dance: 7.00pm
- Iyengar Yoga, beginners to general: 7.00pm
- Pilates, beginners to improvers: 7.15pm

- Carnival Dances, beginners: 8.15pm
- Pilates, men only: 8.30pm
- Tai Chi, beginners to intermediate: 8.30pm

Wednesday

- Yoga*²: 9.10am
- Pilates, improvers: 9.15am
- Remedial Exercise: 10.00am
- Yoga*²: 10.45am
- Pilates, improvers: 11.15am
- Pilates, beginners: 2.00pm
- Pilates, beginners to improvers: 5.45pm
- Yoga: 6.15pm
- Alexander Technique, beginners: 6.45pm
- Tai Chi, intermediate: 6.45pm
- Keep Fit: 7.00pm
- Yoga: 8.00pm
- Meditation: 8.15pm
- Moving Mindfully: 8.15pm

Thursday

- Iyengar Yoga, beginners to general: 9.45am
- Pilates, beginners to improvers: 10.00am
- Kundalini Yoga: 11.30am
- Pilates, beginners to improvers: 11.30am
- Yoga: 1.00pm
- Basic Ballet: 1.15pm
- Remedial Yoga: 5.15pm
- Pilates, beginners to improvers: 5.30pm
- Pilates, improvers: 5.45pm
- Yoga*²: 6.50pm
- Tai Chi, beginners: 7.00pm
- Pilates: 7.00pm
- Kundalini Yoga: 7.00pm

- Salsa, beginners: 7.00pm
- Salsa, intermediate: 8.00pm
- Moving Mindfully: 8.15pm
- Pilates, beginners to improvers: 8.30pm
- Salsa, advanced: 9.00pm

Friday

- Yoga: 9.15am
- Pilates, beginners to improvers: 9.30am
- Pilates, improvers: 11.00am
- Yoga: 11.00am
- Ballroom and Latin Dancing*³: 6.00pm
- Ballroom and Latin Dancing*⁴: 7.00pm
- Ballroom and Latin Dancing*³: 8.15pm

Saturday

- Keep Fit: 8.30am
- Yoga: 8.45am
- Body Conditioning: 9.30am
- Remedial Yoga: 11.00am

Timetables are modified on a quarterly basis. Classes are run in courses of 10 -12 week blocks.

* These classes are term time only

*²Experienced participants only

*³Social Rhythms, Foxtrot, Waltz, Cha Cha and Samba, ideal for beginners

*⁴Quickstep, Jive, Tango and Rumba

Letchworth Corner Sports Club
Whitehorn Lane, Letchworth SG6 2DN
Tel: 01462 684530

Friday

- Bowls Club Night*: 8.00pm (Tel: 01462 631637)

Letchworth Corner Sports Club also run additional clubs including, cricket, weight lifting, road running and hockey.

*May to September

Letchworth Free Church Hall
Ley's Avenue, Letchworth SG6 3HS

Wednesday

- Ballroom and Latin Extra Step Class: 7.00pm
- Basic Line Dancing, beginners: 8.00pm
- Ballroom and Latin Dance, beginners: 8.00pm
- Ballroom and Latin Dance, improvers: 9.00pm (Tel: 01462 673895)

Letchworth Settlement
229 Nevells Road, Letchworth SG6 4UB
Tel: 01462 682828

Tuesday

- 50+ Exercise to Music: 9.45am (Tel: 01462 686475)
- Keep Fit Club: 11.15am (Tel: 01462 642248)
- Fit 'n' Fifty: 2.00pm (Tel: 01462 730277)

Wednesday

- Hatha Yoga, intermediate*²: 6.30pm (Tel: 01462 631676)

Thursday

- Line Dancing*: 2.30pm
- Hatha Yoga, beginners to improvers*³: 6.30pm (Tel: 01462 631676)
- Hatha Yoga, advanced*: 8.10pm (Tel: 01462 631676)

* Three terms of 10 weeks.

*²Three terms of 10 weeks. At least three years' experience necessary.

*³Three terms of 12 weeks.

Letchworth Sports and Tennis Club
Muddy Lane, Letchworth SG6 3TB
Tel: 01462 675444

Tuesday

- Norton and Baldock Badminton Club: 8.00pm

Wednesday

- Badminton, Table Tennis and Gym: 10.00am

Letchworth Sports and Tennis Club also run additional activities including, gym, studio and tennis.

Methodist Church
Norton Way South, Letchworth SG6 1BH
Tel: 01462 481658

Monday

- Ballroom Dancing: 10.00am (Tel: 01462 642719)

North Herts Leisure Centre
Baldock Road, Letchworth SG6 2ER
Tel: 01462 679311

Monday

- Pembroke Club, range of activities: 9.00am

Wednesday

- 50+ Swimming: 9.00am
- Adult Badminton: 9.00am
- Short Mat Bowls: 1.00pm (Tel: 01462 685746)

Thursday

- Over 50's Exercise Class: 2.30pm

Friday

- Strength and Balance Training: 2.00pm
- Short Mat Bowls: 7.00pm (Tel: 01462 685746)

Sunday

- Cam Gears Badminton Club: 8.00pm

Norton Common
Icknield Way, Letchworth SG6 4UF

Daily

- Bowls*

*April to September

Norton Methodist Community Centre
North Avenue, Letchworth SG6 1DH
Tel: 01462 643529

Monday

- Keep Fit for the Mature: 10.30am

Friday

- American Square Dancing: 7.30pm

Norton Outdoor Bowling Club
13 Chaomans, Letchworth SG6 3UB

Tuesday

- Bowls Club Night*: 5.30pm (Tel: 01462 624620)

*April to September

Plinston Hall
Broadway, Letchworth SG6 3NX
Tel: 01462 672003

Monday

- Yoga: 10.00am

Wednesday

- Ballroom Dancing: 1.45pm
- Tea Dance: 2.00pm

Thursday

- Yoga: 10.00am
- Yoga: 1.00pm

Sunday

- Dance Club, ballroom dancing: 7.30pm

St George's Church
Common View, Letchworth SG6 1DA
Tel: 01462 678133

Wednesday

- Gentle 30 Minute Walk: 10.00am (Tel: 01462 686859)

Thursday

- Purwell Badminton Club: 7.45pm (Tel: 01462 435727)

St Michael's Church
39 South View, Letchworth SG6 3JJ

Monday

- Line Dancing to Latin American Rhythms: 8.00pm
- Ballroom and Latin Dance, beginners to improvers: 9.00pm
(Tel: 01462 453613)

St Paul's Church Hall
179 Pixmore Way, Letchworth SG6 1QT
Tel: 01462 637373

Thursday

- 50+ Exercise to Music: 6.15pm (Tel: 01462 686475)

St Thomas' Church Hall
103 Bedford Road, Letchworth AL6 4DU

Tuesday

- Belly Dancing*, beginners: 7.00pm
- Belly Dancing*, intermediate: 8.30pm (Tel: 07766 086183)

Wednesday

- Sequence Dance: 8.00pm (Tel: 01462 435478)

*These classes are term time only

Spirella Ballroom
Bridge Road, Letchworth SG6 4ET
Tel: 01462 672003

Tuesday

- Line Dancing, beginners: 7.15pm
- Line Dancing, intermediate: 8.15pm (Tel: 07966 988802)

Wednesday

- Ballroom Dancing: 8.00pm

Saturday

- Ballroom Dancing: 7.30pm

Westbury School
West View, Letchworth SG6 3QN

Monday

- Slim and Aerobics: 6.30pm (Tel: 01727 828334)

Wilbury Hall
Bedford Road, Letchworth SG6 4DU

Monthly

- Old Tyme Dancing: (Tel: 01462 684473)

Monday

- Short Mat Bowls*: 2.30pm

Tuesday

- Short Mat Bowls*: 2.30pm (Tel: 01462 624824)
- Belly Dancing, beginners to improvers: 7.00pm
- Belly Dancing, intermediate to advanced: 8.30pm (Tel: 07766 086183)

Friday

- Tea Dance: 2.00pm (Tel: 01462 435478)

*Sessions run from October through to April.

Coombes Community Centre
Burns Road, Royston SG8 5PT
Tel: 01763 248081

Monday

- Short Mat Bowls: 2.30pm
- Short Mat Bowls: 7.30pm (Tel: 01763 242033)

Tuesday

- Slim and Aerobitone: 10.00am (Tel: 01763 273603)

Wednesday

- Table Tennis: 7.30pm

Thursday

- Short Tennis: 11.00am

Friday

- Short Tennis: 9.30am
- Short Mat Bowls: 2.30pm

Fowlmere Village Hall
Chrishall Road, Fowlmere, Royston SG8 7RY
Tel: 08704 649200

Monday

- Badminton: 2.00pm
- Melbourn Chicks: 6.30pm
- Fowlmere Badminton Club: 7.30pm

Tuesday

- 40+ Aerobic Fitness and Fun: 9.30am (Tel: 01763 243884)
- OAP Bowls: 2.00pm
- Bowls League: 7.45pm

Wednesday

- Karate: 6.30pm
- Aerobics: 8.15pm

Thursday

- Ladies Badminton Club: 9.45am
- Gardening Club*: 7.30pm

*First Thursday of the month

Greneway Middle School Garden Walk, Royston SG8 7JF

Tuesday

- Jazzercise, body sculpting: 6.15pm
- Jazzercise, fun dance routines: 7.00pm

Thursday

- Jazzercise, body sculpting: 6.40pm
- Jazzercise, fun dance routines: 7.30pm

All ages and abilities with 'low impact' options (Tel: 01763 241527)

Hardwicke (Upper) Hall Town Hall, Melbourn Street, Royston SG8 7DA Tel: 01763 247484

Tuesday

- Line Dancing, beginners: 1.30pm (Tel: 01767 654992)

Wednesday

- Royston Modern Sequence Dancing Club: 8.00pm (Tel: 01438 861409)

Market Hill Rooms Fish Hill, Royston SG8 9LB

Tuesday

- Yoga: 10.30am (Tel: 01223 364016)

Wednesday

- Over 50's Table Tennis and Social Club*: 7.30pm (Tel: 01763 241089)

*No sessions during June, July and August

Meridian School
Garden Walk, Royston SG8 7JH

Thursday

- Slim and Aerobitone: 6.30pm (Tel: 01763 273603)

Methodist Church Hall
Queens Road, Royston SG8 7AU

Tuesday

- 50+ Fit for Life: 1.30pm (Tel: 01763 243884)

Royston Catholic Church
6 Melbourn Road, Royston SG8 7DB
Tel: 01763 243117

Thursday

- 50+ Fit for Life: 11.15am (Tel: 01763 243884)

Royston Leisure Centre
Woodcock Road, Royston SG8 7XT
Tel: 01763 255190

Monday

- Aerotone: 2.00pm

Tuesday

- Salsa Aerobics: 2.00pm

Wednesday

- Aerobics: 2.00pm

Friday

- Fitness Yoga: 2.00pm
- RSKA Karate: 6.00pm (Tel: 01462 642922)

Nifty Fifty Group include the Monday, Wednesday and Friday sessions.
Discounts available.

Royston Ramblers

The Ramblers' Association, Royston and District Group

Tel: 01763 242677

The Royston Ramblers run regular walks at various lengths and various locations.

Royston Tennis Club

Meridian School, Garden Walk, Royston SG8 7JM

Tel: 01763 261676

Monday

- Adult Tennis Coaching: 6.30pm

Tuesday

- Social Tennis*: 10.00am

Wednesday

- Social Tennis: 6.00pm

Thursday

- Social Tennis*²: 10.00am

Friday

- Social Tennis*: 10.00am
- Social Tennis: 6.00pm

Saturday

- Coaching: 9.00am

Sunday

- Social Tennis: 9.00am

* At Meldreth Village Courts April to October

*²At Meridian October to April

The Heath Sports Club
Baldock Road, Royston SG8 5BG
Tel: 01763 243613

Monday

- Core Ball: 10.00am
- Body Conditioning: 6.30pm

Tuesday

- Salsa Aerobics: 6.30pm

Thursday

- Top, Middle, Bottom: 10.00am

Friday

- Salsa Aerobics: 10.00am

The Heath Sports Club also run additional clubs and activities including, archery, rugby, football, gym fitness, running club and squash.

Active 4 Less
North Road, Stevenage SG1 4BB
Tel: 01438 358071

Monday

- Cardiac Rehabilitation: 12.00pm
- Yoga: 5.15pm

Tuesday

- Yoga: 7.25pm

Wednesday

- Cardiac Rehabilitation: 1.30pm
- Yogalates: 5.15pm

Thursday

- Cardiac Rehabilitation: 2.00pm

Friday

- Heart Rate Spin: 10.00am
- Cardiac Rehabilitation: 5.30pm

Casual rates for non-members

Aldwyck Housing Common Room
St Pauls Court, Roebuck, Stevenage SG2 8DN

Friday

- Extend: 10.00am (Tel: 01462 458260)

Barnwell School
Barnwell, Stevenage SG2 9SW

Wednesday

- Slim and Aerobics: 6.30pm (Tel: 01727 828334)

Bedwell Community Centre
Bedwell Crescent, Stevenage SG1 1NA
Tel: 01438 314839

Tuesday

- Adult Tap: 1.15pm
- Disco Silver Dance: 5.30pm
- Disco Gold Cross Dance: 6.00pm
- Ballroom and Latin Dance, PDT 1 and 2: 6.00pm
- Disco Bronze Dance, first level: 6.30pm
- Ballroom and Latin Dance, grade 1 and 3: 6.30pm
- Disco Gold Bar Dance: 7.00pm
- Ballroom and Latin Dance, PDT 3 and grade 2: 7.00pm
- Table Tennis: 7.00pm
- Disco Gold Dance: 7.30pm
- Adult Tap: 7.30pm
- Adult Silver Latin Dance: 7.30pm
- Adult Ballroom and Latin Dance, beginners: 8.00pm
- Student Dance Training: 8.00pm

Wednesday

- Extend: 9.30am
- Leisure 50 Keep Fit: 9.30am
- Adult Dance, beginners: 12.15pm
- Table Tennis: 7.00pm

Friday

- Extend: 11.00am

Sunday

- Table Tennis: 4.30pm

Broadwater Community Association
St Peters Community Hall, The Willows, Stevenage SG2 8AN
Tel: 01438 231134

Wednesday

- Line Dancing: 10.30am

Thursday

- Keep Fit, over 50: 10.30am
- Keep Well, Stay Active: 2.00pm

Camps Hill School
Chells Way, Stevenage SG2 0LT

Tuesday

- Slim and Aerobics: 6.30pm (Tel: 01727 828334)

Chells Manor Community Centre
12 Emperors Gate, Stevenage SG2 7QX
Tel: 01438 748792

Tuesday

- Slim and Aerobics: 1.00pm (Tel: 01727 828334)
- Pilates: 8.15pm

Wednesday

- 55+ Group: 3.00pm

Datchworth Village Hall
52 Datchworth Green, Datchworth, Knebworth SG3 6TL
Tel: 01438 816814

Monday

- Datchworth Badminton Club: 7.30pm

Wednesday

- Datchworth Badminton Club: 8.30pm

David Lloyd

Stevenage Leisure Park, Kingsway, Stevenage SG1 2UA

Tel: 01438 847000

Daily

- Lane Swimming

Monday

- Total Body Workout: 10.30am
- Pilates: 2.00pm

Tuesday

- Aquacise: 10.30am
- Hula Class: 11.30am

Wednesday

- Pilates: 11.30am
- Stretch and Tone: 2.00pm

Thursday

- Core Stability: 10.30am
- Aquacise: 11.30am
- Yoga: 11.30am

Friday

- Body Conditioning: 10.30am
- Stretch and Tone: 11.30am

Saturday

- Pilates: 9.00am
- Yoga: 11.00am

Sunday

- Pilates: 11.30am

Casual attendance only available when accompanied by a gym member (Guest fee applies).

Fairlands Valley Park
Six Hills Way, Stevenage SG2 0BL
Tel: 01438 353241

Daily

- 50+ activities include: windsurfing, sailing, angling, kayaking and Dragon Boats

Thursday

- Leisure 50 Sailing: 10.00am (previous experience required)

Great Ashby Community Centre
Whitehorse Lane, Stevenage SG1 6NH
Tel: 01438 365392

Tuesday

- 50+ club includes; games, talks and exercise class: 2.00pm

Heathcote School
Shephall Green, Stevenage SG2 9XT

Wednesday

- Line Dancing, beginners: 7.00pm
- Line Dancing, intermediate to advanced: 8.00pm (Tel: 07966 988802)

Hertford Road Community Centre
Kenilworth Close, Stevenage SG2 8TB
Tel: 01438 814605

Monday

- Kurling: 11.00am
- Keep Fit and Well Over 50: 2.00pm
- Carpet Bowls: 8.00pm

Thursday

- Adult Tap: 8.00pm

*John Henry Newman Leisure Centre
Hitchin Road, Stevenage SG1 4AE
Tel: 01438 218791*

Friday

- St Johns Badminton Club: 7.30pm (Tel: 07899 787261)

*Knebworth Village Hall
Park Lane, Stevenage SG3 6PD
Tel: 01438 813795*

Monday

- Ballroom Dancing: 7.30pm

Friday

- KFA Dance Moves: 9.30am (Tel: 01438 840519)

*LA Fitness
The Plaza, Town Square, Stevenage SG1 1BP
Tel: 01438 768720*

Monday

- Line Dancing: 10.30am

Tuesday

- Spin: 10.45am
- Water Aerobics: 12.00pm

Wednesday

- Chi Ball: 10.45am

Thursday

- Circuit: 10.45am

Friday

- Salsa: 9.45am
- Aerobics: 10.30am

These classes are conducted under the 'Prime Time' programme specific for this age group and also offers individualised weight management services.

Non-members welcome to attend classes.

Free introductory passes are available upon request.

Marriotts Gym Centre

Telford Avenue, Stevenage SG2 0AN

Tel: 01438 314537

Wednesday

- Circuit: 7.00pm

Friday

- Circuit: 7.00pm

Marriotts Gym also run a running club and gym facilities.

Methodist Church

High Street, Stevenage SG1 3LS

Tel: 01438 721674

Tuesday

- 50+ Exercise to Music: 1.30pm

Odyssey Knebworth
Old Knebworth Lane, Stevenage SG2 8DU
Tel: 01438 313320

Monday

- Aquacise: 11.00am
- Pilates: 12.30pm
- Aqua Fit: 6.30pm
- Pilates: 7.00pm

Tuesday

- Ladies Circuit: 9.30am
- Chi Ball: 10.30am
- Pilates: 12.30pm
- Yoga: 5.30pm

Wednesday

- Aquacise: 10.15am
- Stretch: 11.15am

Thursday

- Yoga: 9.30am

Friday

- Over 50 Circuit: 10.30am
- Pilates: 12.30pm
- Pilates: 1.30pm

Classes open to centre members only.

Old Stevenage Community Association
Springfield House, High Street, Stevenage SG1 3EJ
Tel: 01438 356705

Monday

- Yoga: 10.00am
- Pilates: 6.00pm

Wednesday

- Yoga: 7.30pm

Thursday

- Yoga: 10.00am

Pin Green Community Centre
291 Archer Road, Stevenage SG1 5HF
Tel: 01438 354662

Thursday

- Line Dancing: 10.00am (Tel: 01438 224421)
- Yoga, all ages: 7.00pm

Saturday

- Old Time Latin Dancing*: 7.00pm (Tel: 07867 823604)

*Fortnightly only

Rambling Club
Tel: 01438 213365

Sunday (alternate weeks)

- Walking, leaves from Stevenage Library: 9.30am

Scarborough Centre
Scarborough Avenue, Stevenage SG1 2HJ
Tel: 01438 218872

Tuesday

- Keep Well Stay Active, extend: 10.00am (Tel 01438 746135)
- Line Dancing: 2.00pm

Shephall Leisure Centre
Barnwell, Stevenage SG2 9SW
Tel: 01438 210100

Monday

- St Johns Badminton Club: 7.00pm (Tel: 07899 787261)
- Belly Dancing*: 7.30pm (Tel: 07766 086183)

*These classes are term time only

Southend Close Community Hall
Albert Street, Stevenage SG1 3PF
Tel: 01438 218874

Tuesday

- KFA Mature Moves: 2.30pm

Thursday

- Yoga: 10.00am

St Hugh and St John's Church Hall
Mobbsbury Way, Chells, Stevenage SG2 0HL

Thursday

- Keep Well Stay Active, extend: 10.30am (Tel 01438 746135)

St Nicholas Community Association
59 Canterbury Way, Stevenage SG1 4LJ
Tel: 01438 357715

Tuesday

- Pilates: 10.00am

Friday

- Old Time and Modern Sequence Dancing: 1.15pm

Stevenage Arts and Leisure Centre
Lytton Way, Stevenage SG1 1LZ
Tel: 01438 242877

Monday

- Pilates*: 10.00am
- Pilates*: 11.00am
- Vitality 50+: 11.00am

Tuesday

- Line Dancing: 10.00am
- Leisure 50 Bowls: 10.00am
- Exercise and Relax: 11.00am
- Legs, Bums and Tums: 12.10pm
- Leisure 50 Table Tennis: 2.00pm
- Pilates: 6.00pm
- Salsa, beginners: 8.15pm
- Salsa, improvers: 9.00pm

Wednesday

- Salsacise: 9.30am
- Pilates*: 11.00am
- Extend: 11.00am
- Aerotone: 12.10pm
- Extra Care Circuit: 2.00pm
- Leisure 50 Snooker: 2.00pm

Thursday

- Leisure 50 Circuit: 11.00am
- Leisure 50 Bowls: 12.00pm
- Line Dancing: 12.10pm
- MS Rehabilitation: 1.30pm
- Stroke Rehabilitation: 2.30pm
- Yoga: 6.00pm

Friday

- Belly Dancing: 9.30am
- Leisure 50 Bowls: 10.00am
- Extra Care Circuit: 11.30am

Stevenage Arts and Leisure Centre also run a Leisure 50 Walks Programme from May through August.

*These classes are run as a course.

Stevenage Swimming Centre

St. Georges Way, Stevenage SG1 1XY

Tel: 01438 218770

Monday

- Senior Kinesis: 11.00am

Tuesday

- Senior Kinesis: 11.00am

Wednesday

- Yoga: 11.00am
- Snooker: 2.00pm
- Swimming: 2.30pm

Thursday

- Senior Kinesis: 9.30am
- Pilates: 11.00am

Friday

- Yoga: 11.00am

Saturday

- Swimming: 12.00pm

Symonds Green Community Centre
Filey Close, Stevenage SG1 2JW
Tel: 01438 361859

Monday

- Sequence Dancing: 2.00pm
- Braggers' Angling Club*: 8.00pm

Tuesday

- Social Dancing: 7.00pm

Thursday

- Carpet Bowls: 7.30pm

Friday

- Social Dancing: 8.00pm

Sunday

- Irish Dancing: 12.00pm
- Thai Boxing: 7.00pm

*Monthly

Timebridge Community Centre
Mobbsbury Way, Stevenage SG2 0HT
Tel: 01438 238096

Tuesday

- Yoga: 7.30pm

Wednesday

- Sequence Dancing: 1.30pm

Thursday

- Yoga: 7.30pm

Friday

- Dancing, Ballroom etc: 1.30pm
- Line Dancing: 8.00pm (Tel: 01438 224421)

Specific health problems

Back Fitness

An 8 week back pain programme is run at Leisure Centres in Hatfield, Hoddesdon and Stevenage through referrals from the Physiotherapy and Triage Departments at the QEII, Hertford County and Lister Hospitals.

Cardiac Rehabilitation

The QEII and Lister hospitals run a four phase Cardiac Rehabilitation programme for those who have suffered a Cardiac (heart) event. The final phase of rehabilitation is located at a local Leisure Centre.

Exercise Referral Scheme

An exercise scheme designed for various health conditions that can be improved by exercise is run at a number of local sport and leisure centres.

To take part in the scheme you must be referred by your GP or associated health professional. For further information visit your local surgery.

Health Walks Programme

Health walks within the community are led by volunteers and supported by North Herts District Council 50+ Team who can be contacted on: 01462 474226

Parkinson's Disease

Parkinson's Disease Society, North Hertfordshire and Stevenage Branch run an Exercise Group at St John's Community Hall, Hitchin on the second and forth Friday of the month at 2.00pm.

For further information contact: Vicki Symonds, Tel: 08442 253775

Pulmonary Rehabilitation

Physiotherapists at the QEII and Lister Hospitals run eight week Pulmonary Rehabilitation programmes through referrals from chest consultants and respiratory nurses within East and North Hertfordshire.



Hertfordshire Community Health Services

NHS East and North Hertfordshire and NHS West Hertfordshire
Charter House, Parkway, Welwyn Garden City AL8 6JL

Phone: 01707 390855

Fax: 01707 390864

Email: enquiries@herts-pcts.nhs.uk

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First published: February 2010