

# Active Directory

A guide to physical activities for adults in North Somerset



**Go4Life**  
North Somerset  
[www.go4life.org](http://www.go4life.org)

Encouraging and helping people to live healthier and more active lives

# Introduction

Welcome to the third edition of the **Go4Life** Active Directory

If you are looking to become more physically active but are not sure where to start then this directory has the answer! There are also details of other ways to live more healthily.

This directory will provide you with lots of information on a wide range of physical activities to cater for the beginner, those returning to exercise and those who want to try something different in a fun and social environment.

If you would like to participate in more formal sports such as hockey, football, rugby or tennis, then we also have a comprehensive sports club database. For further information contact the Sport and Active Lifestyles team on 01275 882 730.

Please note that North Somerset Council does not take any responsibility for the individual activities printed in this publication. Please seek medical advice if you are at all unsure about starting any physical activity.

The information in this publication is current as of July 2011. You should contact the relevant instructor ahead of the activity to find out more about the session arrangements.



# Go4Life

## Support Schemes

Would you like funding to help a new physical activity group for adults get started?

Would you like individual support to become a qualified instructor?

The **Go4Life** Support Schemes could be the answer for you.

For more information contact:

Sport and Active Lifestyles team  
North Somerset Council  
Town Hall  
Walliscote Grove Road  
Weston-super-Mare  
BS23 1UJ

Tel: 01275 882 730

Email: [go4life@n-somerset.gov.uk](mailto:go4life@n-somerset.gov.uk)

**Go4Life**  
North Somerset  
[www.go4life.org](http://www.go4life.org)

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## Archery

We welcome people from all walks of life. Archery is a fun sport and provides a great opportunity to meet others. Age is not a barrier to the enjoyment this sport has to offer.

Beginners

Sundays 10am - 12.30pm

Clapton Lane, Portishead

Paul Maines 07933 481 287

[www.gordano-valley-archers.co.uk](http://www.gordano-valley-archers.co.uk)

## Badminton

### Badminton

Tuesdays and Sundays, 7pm

Uphill Village Victory Hall

01934 628 181

[www.uphillvillage.org.uk](http://www.uphillvillage.org.uk)



## Badminton

Aimed at over 50s.

Tuesdays 8.30 - 10.15pm

(September – May)

Yatton Village Hall

Peter Talbot 01934 832 657

### Long Ashton Badminton Club

Thursdays (October – March)

7.30 - 10pm

Keeds Hall,

Long Ashton Community Centre

Clive Donaghue 01275 395 322

### Nailsea Allcomers Badminton Club

Intermediate level

Fridays 8 - 10pm

Nailsea

Gordon Bennett 01275 810 067

*For further sessions see*

*Leisure/Sports Centre pages*

## Bowls

### Ashcombe Park Bowling Club

Ashcombe Park Road,

Weston-super-Mare

01934 622 179

[www.ashcombe-bc.com](http://www.ashcombe-bc.com)

### Clarence Park Bowling Association

Lawn bowls. Provide everything from social bowling to competitive games at local, County and National levels

Everyday, 10am - 7pm,

April – October

Clarence Park, Weston-super-Mare

David Stott 01934 625 404

[www.clarencebowls.org](http://www.clarencebowls.org)

**Clevedon Bowling Club**

Chapel Hill, Clevedon  
01275 872 828

**Clevedon Promenade Bowling Club**

Everyday  
The Beach, Elton Road, Clevedon  
01275 879 765  
[www.clevedonprom.org.uk](http://www.clevedonprom.org.uk)

**Congresbury Bowling Club**

Mill Leg, Congresbury  
01934 876 578

**Long Ashton Bowling Club**

Provides facilities and participation for the whole community in flat green bowls. Short mat bowling in the winter months.

Various times  
Long Ashton Community Centre  
Alan Lewis 01275 462 030  
[www.longashtonbowlingclub.org.uk](http://www.longashtonbowlingclub.org.uk)

**Nailsea Indoor Bowls Club**

Mizzymead Recreation Centre,  
Nailsea  
01275 854 181

**Parish Wharf Leisure Centre**

Indoor bowling. Coaching available.  
Everyday, 8am - 10pm  
Parish Wharf Leisure Centre,  
Portishead  
Tony Smith 01275 845 837

**Portishead Bowling Club**

The Bowls Pavilion, Lake Grounds,  
Portishead  
01275 848 451  
[www.portisheadbowlingclub.org.uk](http://www.portisheadbowlingclub.org.uk)

**St Andrews Bowling Club**

Thirlmere Road, Weston-super-Mare  
01934 627 734

**Victoria Bowling Club**

Albert Quadrant, Weston-super-Mare  
01934 623 993

**West Backwell Bowling Club**

The Recreation Ground,  
West Town Road, Backwell  
01275 855 695  
[www.westbackwellbc.org.uk](http://www.westbackwellbc.org.uk)

**Winscombe Bowling Club**

Well Close, Winscombe  
01934 843 547

**Woodspring Indoor Bowls Club**

Milton Road, Weston-super-Mare  
01934 622 103  
[www.woodspring-ibc.org.uk](http://www.woodspring-ibc.org.uk)

**Yatton Bowling Club**

Lawn bowling.  
Well Lane, Yatton  
01934 832 121  
[www.yattonbowlingclub.co.uk](http://www.yattonbowlingclub.co.uk)

**Boxing****Boxing**

Learn self-defence and improve health and fitness.

Beginners

Tuesdays and Sundays, 7 - 8pm  
Weston-super-Mare Youth Centre  
John Cleary 07786 371 164

**Boxing**

Experienced

Tuesdays and Sundays, 8 - 9.30pm  
Weston-super-Mare Youth Centre  
John Cleary 07786 371 164

**Boxing**

Combat Gym

Various times  
Winterstoke Road,  
Weston-super-Mare  
Kevin Ludick 07916 247 189  
[www.combatgym.co.uk](http://www.combatgym.co.uk)

**Ladies' boxing and conditioning**

Thursdays 9.30 - 10.30am  
Clevedon YMCA  
Ian Eisentrager 07771 880 580 /  
01275 878 405

**Mixed boxing**

Fridays 7 - 8pm  
Clevedon YMCA  
Ian Eisentrager 07771 880 580 /  
01275 878 405



**Do you need help to  
get back on your bike?**

**Want to cycle with  
confidence on the  
roads?**

**Whatever your age or ability  
Life Cycle UK can help.**

**To find out more call:  
0117 353 4580**

**Cycling****Indoor cycling**

Beginners particularly welcome  
Tuesday 6.30 - 7pm  
Hutton Moor Leisure Centre,  
Weston-super-Mare  
Carolyn Sheppard 01934 425 900

**Indoor cycling**

Tuesday 7.15 - 8pm  
Hutton Moor Leisure Centre,  
Weston-super-Mare  
Carolyn Sheppard 01934 425 900

**CTC**

Jane Chapman 01179 629 766  
[www.ctcwest.org.uk](http://www.ctcwest.org.uk)

**Dance****Ballet Dancing**

Various times

Carrington Dance Studio

Long Ashton and Flax Bourton

Rosemary Carrington 01275 218

987 / 01275 397 391

**Ballroom Dancing**

Uphill Village Victory Hall

01934 518 750

[www.uphillvillage.org.uk](http://www.uphillvillage.org.uk)

**Ballroom Dancing**

Intermediate

Mondays 7.15 - 8.15pm

Burroughs Dance Centre,

Weston-super-Mare

Sue Burroughs 01934 621 281

[www.burroughsdancecentre.co.uk](http://www.burroughsdancecentre.co.uk)

**Ballroom and Latin Dancing**

Beginners

Mondays 7.30 - 8.30pm

Backwell WI Hall

Zoe Desmond 07917 160 642

[www.no1dancefactory.co.uk](http://www.no1dancefactory.co.uk)

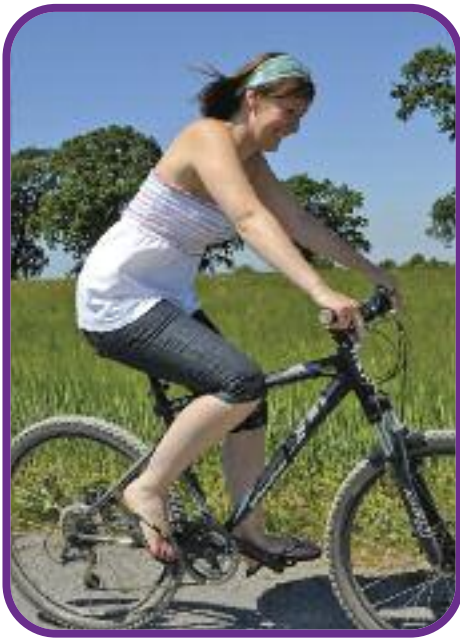
**Ballroom and Latin Dancing**

Mondays 8 - 9pm

Clevedon School Dance Studio

Zoe Desmond 07917 160 642

[www.no1dancefactory.co.uk](http://www.no1dancefactory.co.uk)

**Studio cycling**

During the class you vary your pace and intensity, visualising cycling outdoors.

A great workout!

Mondays 6 - 6.45pm;

Sundays 4 - 4.45pm

Parish Wharf Leisure Centre,

Portishead

Justine Blaber 07973 549 428

**Slow to medium paced leisure rides every Sunday**

Sundays 10am

Hutton Moor Leisure Centre,

Weston-super-Mare / Uphill

Boatyard

Audrey Robins 01934 419 407

[www.tinyurl.com/krz5v](http://www.tinyurl.com/krz5v)

**Ballroom and Latin Dancing**

Beginners

Wednesdays 6 - 7pm

Burroughs Dance Centre

Weston-super-Mare

Sue Burroughs 01934 621 281

[www.burroughsdancecentre.co.uk](http://www.burroughsdancecentre.co.uk)**Ballroom and Latin Dancing**

Improvers

Wednesdays 8.15 - 9.15pm

Burroughs Dance Centre,

Weston-super-Mare

Sue Burroughs 01934 621 281

[www.burroughsdancecentre.co.uk](http://www.burroughsdancecentre.co.uk)**Ballroom and Latin Dancing**

Couples

Thursdays 8.30 - 9.30pm

The Campus, Weston-super-Mare

Sarah Pearce 07814 828 280

[www.dancecrazy-online.co.uk](http://www.dancecrazy-online.co.uk)**Ballroom and Latin**

Social dancing

Fridays (first of month) 8 - 11.30pm

Somerset Hall, Portishead

Joyce 01275 847 547

**Ballroom and Latin Dancing**

Couples

Sundays 7.30 - 8.30pm

Our Lady Of Lourdes Church Hall,

Milton, Weston-super-Mare

Sarah Pearce 07814 828 280

[www.dancecrazy-online.co.uk](http://www.dancecrazy-online.co.uk)**Barn and Folk Dancing**

Wednesdays 8 - 10pm

Nailsea

Brian Powdrill 01275 855 181

**Bellydancing**

Beginners / intermediates

For fun and fitness for adults.

A great way to increase core strength, flexibility, balance and co-ordination.

Mondays 6.45 - 7.45pm /

7.45 - 8.45pm

The Campus, Weston-super-Mare

Nina Dungey 01934 876 234

[www.DanceYourOwnDance.com](http://www.DanceYourOwnDance.com)**Burlesque Dancing**

Learn the art of Burlesque, make friends and have fun! Gloves, boas and a variety of routines.

Wednesdays 7 - 8pm

Clevedon Community Centre

Andrea (T &amp; A Burlesque)

01933 627 122

[www.taburlesque.com](http://www.taburlesque.com)**Burlesque Dancing**

Fridays 6 - 7pm

Uphill Village Victory Hall

Andrea (T &amp; A Burlesque)

01934 627 122

[www.taburlesque.com](http://www.taburlesque.com)**Candlelight dancing**

Includes ballroom, Latin, jive, sequence and line dancing.

Sundays 7.30 - 10.30pm

Hutton Moor Leisure Centre,

Weston-super-Mare

H. Robertson 01934 518 529

**Dance Fitness**

Fun and friendly dance class – a great way to keep fit.  
Mondays 10 - 11am  
The Triangle Club, Clevedon  
Jo Knowles 01275 544 472

**Dance Fitness**

Mondays 10.15 - 11.15am  
Banwell Village Hall  
Sue Barton 01934 843 719

**Dance Fitness**

Tuesdays 9.45 - 11am  
Shipham Village Hall  
Sue Barton 01934 843 719

**Dance Fitness (aimed at 60+)**

Thursdays 10.30 - 11.30am  
Our Lady of Lourdes, Milton,  
Weston-super-Mare  
Sue Barton 01934 843 719

**Dance Fitness**

Nailsea Intercultural Dancing  
Association  
Fridays 8 - 10pm  
Nailsea United Reformed Church  
Miriam Robertson 01934 414 455

**Egyptian Bellydancing**

Beginners / improvers  
Tuesdays 7 - 8pm / 8.15 - 9.15pm  
Nailsea School  
Saeeda Jameel



**Egyptian Bellydancing**

Beginners  
Thursdays 9.30 - 10.30am  
Backwell WI Hall  
Saeeda Jameel

**Egyptian Bellydancing**

Beginners  
Thursdays 7.45 - 8.45pm  
Clevedon School  
Saeeda Jameel

**Flamenco Dancing**

Mondays and Thursdays, evenings  
Jacqueline Fox School of Dance,  
Worle  
Malcolm Cuthbertson  
01934 626 819 /  
07717 522 922

**Folk Dancing**

Third Thursday in the month,  
8 - 10pm  
Coronation Hall, Bleadon  
Jean Thorne 01934 814 007

**Jazz Dancing**

Carrington Dance Studio  
Various times  
Long Ashton and Flax Bourton  
Rosemary Carrington  
01275 397 391

**Latin Dancing In Line**

Mondays 6.50 - 7.40pm  
Grove Junior School, Nailsea  
Zoe Desmond 07917 160 642  
www.no1dancefactory.co.uk

**Latin Dancing In Line**

Thursdays 10 - 10.45am  
Scotch Horn Leisure Centre, Nailsea  
Zoe Desmond 07917 160 642  
www.no1dancefactory.co.uk

**Latin Dancing Ladies Night**

Thursdays 7.30 - 8.30pm  
The Campus, Weston-super-Mare  
Sarah Pearce 07814 828 280  
www.dancecrazy-online.co.uk

**Latino Dancing**

Solo  
Tuesdays 11.15am - 12.15pm  
Burroughs Dance Centre,  
Weston-super-Mare  
Sue Burroughs 01934 621 281  
www.burroughsdancecentre.co.uk

**Latino Dancing**

Solo  
Thursdays 12 noon - 1pm  
Burroughs Dance Centre,  
Weston-super-Mare  
Sue Burroughs 01934 621 281  
www.burroughsdancecentre.co.uk

**Latino Dancing**

Solo  
Thursdays 7.30 - 8.30pm  
Burroughs Dance Centre,  
Weston-super-Mare  
Sue Burroughs 01934 621 281  
www.burroughsdancecentre.co.uk

**Line Dancing**

Mondays 10 - 11am;  
Wednesdays 10.45 - 11.45am  
Clevedon Community Centre  
Dawn Warren 01275 854 375

**Line Dancing**

Mondays 11.30am - 12.30pm  
 Mizzymeard Centre, Nailsea  
 Sandra Moloney 01934 835 268

**Line Dancing**

Mondays 2 - 4pm  
 Felton Village Hall  
 Brian Powdrill 01275 855 181

**Line Dancing**

Provide physical activity which is also a lot of fun and socially helps people to meet and interact  
 Improvers / intermediates  
 Mondays 7 - 8pm / 8 - 9pm  
 Clevedon Triangle Club  
 Val Vella 01275 875 235  
[www.easystrollers.co.uk](http://www.easystrollers.co.uk)

**Line Dancing**

Tuesdays 10am - 12 noon  
 2nd Nailsea Scout HQ  
 Brian Powdrill 01275 855 181

**Line Dancing**

Tuesdays 7 - 9.45pm  
 Hand Stadium, Clevedon  
 Sandra Moloney 01934 835 268

**Line Dancing**

Various abilities  
 Wednesdays 9.15 - 10.15am / 7.30 - 8.30pm  
 Clevedon Scout Hall,  
 off Great Western Road  
 Val Vella 01275 875 235  
[www.easystrollers.co.uk](http://www.easystrollers.co.uk)

**Line Dancing**

Wednesdays 2.15 - 3.15pm  
 Nailsea Methodist Church  
 Sandra Moloney 01935 835 268

**Line Dancing**

Beginners / intermediates  
 Thursdays 9.15 - 10.15am / 7.30 - 8.30pm  
 Clevedon Scout Hall,  
 off Great Western Road  
 Val Vella 01275 875 235  
[www.easystrollers.co.uk](http://www.easystrollers.co.uk)

**Line Dancing**

Thursdays 9.30 - 11.30am  
 Yatton Village Hall  
 Sandra Moloney 01934 835 268

**Line Dancing**

Thursdays 10am - 12 noon  
 Uphill Village Victory Hall  
 01278 780 146  
[www.uphillvillage.org.uk](http://www.uphillvillage.org.uk)

**Line Dancing**

Thursdays 11am - 1pm  
 The Folk Hall, Portishead  
 Dawn Warren 01275 854 375

**Line Dancing**

Dancing on your own with no partner required. Dancing to various kinds of music.  
 Dancing for fun and sociability.  
 Thursdays 7 - 10.30pm  
 St Georges Community Centre,  
 Weston-super-Mare  
 Margaret Hazelton  
 01278 783 224 or  
 07702 196 300

**Line Dancing**

Thursdays 8 - 10pm  
 St Francis' Parish Hall, Nailsea  
 Brian Powdrill 01275 855 181

**Line Dancing**

American Line Dancing  
 Saturdays (second in month) 7pm  
 Uphill Village Victory Hall  
 01934 625 645  
[www.uphillvillage.org.uk](http://www.uphillvillage.org.uk)

**Scottish Dancing**

Mondays 7pm  
 Uphill Village Victory Hall  
 01934 513 243  
[www.uphillvillage.org.uk](http://www.uphillvillage.org.uk)

**Sequence Dancing**

Beginners  
 Mondays 6.15 - 7.15pm  
 Burroughs Dance Centre  
 Weston-super-Mare  
 Sue Burroughs 01934 621 281  
[www.burroughsdancecentre.co.uk](http://www.burroughsdancecentre.co.uk)

**Sequence Dancing (Modern)**

New members very welcome  
 Tuesdays 7.45 - 10.15pm  
 St Georges Church Hall  
 Easton in Gordano  
 Mrs Elizabeth A. Taylor  
 01275 374 291

**Sequence Dancing**

Tuesdays 7.45 - 8.45pm  
 Burroughs Dance Centre  
 Weston-super-Mare  
 Sue Burroughs 01934 621 281  
[www.burroughsdancecentre.co.uk](http://www.burroughsdancecentre.co.uk)

**Sequence Dancing (Ballroom)**

New members very welcome  
 Tuesdays 8 - 10.15pm  
 WI Hall, Station Road, Backwell  
 Bob Hodges 01275 462 366

**Sequence Dancing**

New members very welcome  
 Wednesdays 8 - 10.30pm  
 Banwell Village Hall  
 Mrs A. Williams 01275 873 033

**Sequence Dancing**

Thursdays, evening; second  
 Saturday of the month, evening  
 Village Hall, Long Ashton  
 Community Centre  
 Sarah Leong 01275 393 570

**Sequence Dancing**

Saturdays 8 - 9pm  
 Burroughs Dance Centre  
 Weston-super-Mare  
 Sue Burroughs 01934 621 281  
[www.burroughsdancecentre.co.uk](http://www.burroughsdancecentre.co.uk)

**Slim Dance**

Sundays 6.15 - 7.15pm  
 Village Hall, Long Ashton  
 Community Centre  
 Cathy Wilkin 07785 797 904

**Street Dance**

Intermediate  
 Tuesdays 7.30 - 8.30pm  
 Clevedon School Dance Studio  
 Zoe Desmond 07917 160 642  
[www.no1dancefactory.co.uk](http://www.no1dancefactory.co.uk)

**Street Dance**

Beginners  
 Wednesdays 7 - 8pm  
 Clevedon School Dance Studio  
 Zoe Desmond 07917 160 642  
[www.no1dancefactory.co.uk](http://www.no1dancefactory.co.uk)

**Tap Dancing**

Mondays 7.30 - 9pm  
 St Georges Church Hall  
 Easton-in-Gordano  
 Sue Barton 01934 843 719

**Tap Dancing**

Tuesdays 7 - 8pm  
 St James Church Hall, Winscombe  
 Sue Barton 01934 843 719

**Tap Dancing**

Carrington Dance Studio  
 Long Ashton and Flax Bourton  
 Rosemary Carrington  
 01275 218 987 /  
 01275 397 391

## Health Walks

The health walks scheme in North Somerset is part of the national Walking for Health initiative.

The walks are led by trained volunteers and last between 30 minutes and an hour and a half. They are the ideal first step for anyone wanting to become more active. Some of the most successful local groups are now led by and for people with long term health conditions (both mental and physical).

A number of groups exist in North Somerset covering Clevedon, Nailsea, Portishead, Weston-super-Mare, Winscombe and Yatton.

For a programme of walks download the latest edition of the Rock 'n' Stroll newsletter – visit [www.go4life.org](http://www.go4life.org)



**Go4Life**  
 North Somerset  
[www.go4life.org](http://www.go4life.org)

**Tea Dance**

Ballroom, Latin and sequence dancing.

Tuesdays 2.30 - 5pm

Clevedon Community Centre  
Dawn Warren 01275 854 375

**Tea Dance**

Modern sequence dancing

Wednesdays 2 - 4pm

Somerset Hall, Portishead  
Eric Uncles and Pauline Konstanz  
01275 373 544

**Tea Dance (for people with dementia and their carers)**

Wednesdays 3.45 - 5.30pm

Alternating venue: St Peter's Church, Weston-super-Mare and Tickenham Village Hall  
Hazel or Karen  
01934 514 977

**Exercise****Aqua aerobics**

Mondays 7 - 8pm

Wednesdays 7.30 - 8.30pm

Hutton Moor Leisure Centre,  
Weston-super-Mare  
Carolyn Sheppard 01934 425 900

**Body Balance**

Creche available

Mondays 10.30 - 11.30pm

Hutton Moor Leisure Centre,  
Weston-super-Mare  
Carolyn Sheppard 01934 425 900

**Circuit training**

A combination of high-intensity aerobic and resistance training.

Mondays 7.30 - 8.30pm

Fridays 10 - 11am

Old Shool Rooms, Congresbury  
Sara James 07789 268 344  
[www.sarajamesfitness.co.uk](http://www.sarajamesfitness.co.uk)

**Circuit training**

Tuesdays 10 - 11am

Wednesdays 7.30 - 8.30pm

Assembly Rooms,  
Railway Inn, Yatton  
Sara James 07789 268 344  
[www.sarajamesfitness.co.uk](http://www.sarajamesfitness.co.uk)





# Buddy Scheme

**Do you have time to spare?  
Get active and become a  
volunteer buddy for *Go4Life*!**

*Go4Life* is seeking volunteers (aged 18+) in North Somerset to support inactive individuals to get active through free schemes such as the Chequebook Scheme.

There are many people who are at higher risk of poor health in North Somerset and require the support of a Get Active Buddy to help them exercise as they may lack confidence to exercise alone or may simply not have anyone to exercise with.

Anyone can become a buddy once they have been CRB checked and reference checked by North Somerset Council. All you need is a desire to take part in physical activity and the willingness to share that experience with others. Safeguarding and Equity training is provided for volunteers.

A get Active Buddy's role is to give individual attention, encouragement and to improve the confidence levels of the individuals they support. There is no need for in-depth sports knowledge or to be experienced in your chosen activity, in fact you might like to try a new activity yourself.

It may help if you are friendly and like meeting people, are non-judgmental and a good listener. It's all about making a difference, getting fitter and having fun.

For further information about becoming a *Go4Life* buddy contact the Sport and Active Lifestyles team, North Somerset Council on 01275 882 733 or email [go4life@n-somerset.gov.uk](mailto:go4life@n-somerset.gov.uk). You can also visit the website at [www.go4life.org](http://www.go4life.org)



**Exercise aimed at seniors**

Gentle exercise working on strength, flexibility and co-ordination, includes some seated.  
 Wednesdays 2 - 3pm and 3 - 4pm  
 Nailsea United Reformed Church  
 Kath Hambleton 07890 995 982

**Exercise to music**

Gentle exercise.  
 Fridays 10 - 11am  
 Worle Baptist Church  
 Amr Singh 01278 792 505

**Fitness**

Aerobic exercise which includes toning, floor work and body conditioning  
 Mondays 10 - 11am  
 Our Lady of Lourdes, Milton  
 Nicky Devonshire 07917 430 946

**Fitness**

Mondays 7 - 8pm  
 Clevedon Conservative Club  
 Nicky Devonshire 07917 430 946

**Fitness**

Tuesdays 7 - 8pm  
 Nailsea School  
 Nicky Devonshire 07917 430 946

**Fitness**

Wednesdays 10 - 11am  
 Uphill Village Victory Hall  
 Nicky Devonshire 07917 430 946

**Fitness**

Wednesdays 7 - 8pm  
 Wyvern School  
 Weston-super-Mare  
 Nicky Devonshire 07917 430 946

**Fitness**

Thursdays 10 - 11am  
 Somerset Hall, Portishead  
 Nicky Devonshire 07917 430 946

**Fitness**

Thursdays 7 - 8pm  
 Somerset Hall  
 Portishead  
 Nicky Devonshire 07917 430 946

**Fitness and conditioning**

Mondays 7 - 8.30pm  
 Thursdays 7 - 8pm  
 Clevedon YMCA  
 Ian Eisentrager 07771 880 580 /  
 01275 878 405

**Jazzsize**

Aimed at ladies  
 Tuesdays 10.15 - 11.15am  
 Burroughs Dance Centre,  
 Weston-super-Mare  
 Sue Burroughs 01934 621 281  
[www.burroughsdancecentre.co.uk](http://www.burroughsdancecentre.co.uk)

**Keep Fit (for the more mature)**

Gentle exercise to music to improve mobility, balance, coordination and flexibility

Mondays 11.15am - 12.15pm

The Triangle Club, Clevedon

Jo Knowles 01275 544 472

**Keep Fit (for the more mature)**

Mondays 2 - 3pm

Methodist Church Hall, Portishead

Jo Knowles 01275 544 472

**Keep Fit (for the more mature)**

Tuesdays 10 - 11am

Clarence Park Baptist Church Hall,  
Weston-super-Mare

Jo Knowles 01275 544 472

**Keep Fit (for the more mature)**

All abilities

Wednesdays 9.30 - 10.30am

The Barn, Clevedon

Jo Knowles 01275 544 472

**Keep Fit (for the more mature)**

Thursdays 9.30 - 10.30am and

10.30 - 11.30am

The Old School Rooms, Congresbury

Jo Knowles 01275 544 472

**Personal Training**

Great for weight loss, toning, and improving fitness

Monday - Friday Congresbury

Sara James 07789 268 344

[www.sarajamesfitness.co.uk](http://www.sarajamesfitness.co.uk)

**Pilates**

Mondays 9.30 - 10.30am

Winford Cricket Pavilion

Lynne Joyner 07748 963 297

**Pilates**

Mondays 7.05 - 8.05pm;

Wednesdays 9.15 - 10.15am;

Fridays 5 - 6pm

Strode Leisure Centre

Clevedon

Justine Blaber 07973 549 428

**Pilates**

Tuesdays 6.30 - 7.30pm and 7.30 -

8.30pm; Thursdays 6.30 - 7.30pm

Walnut Grove Clinic, Portishead

Justine Blaber 07973 549 428

**Pilates**

Wednesdays 11.45am - 12.45pm

Cadbury Country Club, Yatton

Justine Blaber 07973 549 428

**Pilates**

Thursdays 5.30 - 6.15pm

The Hub, Portishead

Justine Blaber 07973 549 428

**Pre and post-natal exercise group**

Babies welcome

Level 1

Mondays 11.30am - 12.30pm

Hutton Moor Leisure Centre,

Weston-super-Mare

Carolyn Sheppard 01934 425 900

**Rosemary Conley****Diet and Fitness Class**

Wednesdays 9 - 11.30am

01934 412 950

[www.uphillvillage.org.uk](http://www.uphillvillage.org.uk)

## Leisure/Sports Centres

### Backwell Leisure Centre

**01275 463 726**

Activities include: aqua aerobics, exercise classes, squash, swimming, 50+ sessions

### Churchill Sports Centre

**01275 852 303**

Activities include: aqua aerobics, badminton, ballroom & Latin dancing, basketball, cricket, exercise classes, fencing, football, karate, Octopush, roller hockey, rugby, running, squash, swimming, tennis, trampolining, volleyball



### Gordano Sports Centre

**01275 843 942**

Activities include: archery, athletics, dancing, exercise classes, football, hockey, martial arts, netball, rugby, running, squash, tennis

### Hutton Moor Leisure Centre

**01934 425 900**

Activities include: aqua aerobics, badminton, basketball, exercise classes, football, netball, rugby, skateboarding, squash, swimming, tennis, trampolining, 50+ sessions

### Parish Wharf Leisure Centre

**01275 848 494**

Activities include: aqua aerobics, badminton, basketball, bowls, exercise classes, football, martial arts, short tennis, swimming, table tennis, volleyball, 50+ sessions

## Wesport Activity Hub

Looking for a sports club to get involved in? Want to promote your own club?

Wesport - the West of England Sport Trust - has developed an online activity hub to help you find your nearest club. It covers a range of sports and activities in North Somerset.

Visit [www.wesportactivityhub.org.uk](http://www.wesportactivityhub.org.uk)



## in North Somerset



### **Portishead Open Air Pool**

**01275 843 454**

Outdoor swimming

### **Scotch Horn Leisure Centre**

**01275 856 965**

Activities include: badminton, exercise classes, football, squash, 50+ sessions

### **Strode Leisure Centre**

**01275 879 242**

Activities include: aqua aerobics, badminton, basketball, exercise classes, football, swimming, volleyball, yoga, 50+ sessions

### **Swiss Valley Sports Centre**

**01275 877 182**

Activities include: athletics, badminton, cricket, dancing, exercise classes, fencing, football, martial arts, netball, rounders, rugby, squash, tennis, trampolining

### **The Campus**

**01934 427 427**

Activities include: badminton, ballroom & Latin dancing, belly dancing, BMX-ing, exercise classes, free running, football, martial arts, skateboarding

### **Hans Price Sports Centre**

**01934 642 426**

Activities include: badminton, climbing, exercise classes, football, hockey, rugby, running, table tennis, trampolining

## CoachWest

CoachWest supports coaches and recruiters in the West of England.

It provides a service for coach development and assists coaches in finding employment.

It is also a great way for groups and clubs to find a coach to support their physical activity sessions.

To find out more log on to [www.coachwest.org.uk](http://www.coachwest.org.uk)



**Stroke rehabilitation class**

Very gentle exercise  
 Tuesdays 12 noon - 1pm  
 Parish Wharf Leisure Centre,  
 Portishead  
 Jo Rickwood 07899 754 937

**Stroke rehabilitation class**

Very gentle exercise  
 Tuesdays 1.30 - 2.30pm  
 Hutton Moor Leisure Centre,  
 Weston-super-Mare  
 Corinne Mutlow 07919 532 960

**Zumba**

Mondays 11am - 12 noon  
 Our Lady of Lourdes, Milton  
 Nicky Devonshire 07917 430 946

**Zumba (aimed at over 55s)**

Mondays 2 - 3pm  
 Jubilee Hall, Portishead  
 Emily Gazey 07892 825 617  
[www.thedancefactorystudio.com](http://www.thedancefactorystudio.com)

**Zumba**

Mondays 8 - 9pm  
 Clevedon Conservative Club  
 Nicky Devonshire 07917 430 946

**Zumba**

Mondays 8.15 - 9.15pm  
 Burroughs Dance Centre  
 Weston-super-Mare  
 Andrew 01934 621 281  
[www.burroughsdancecentre.co.uk](http://www.burroughsdancecentre.co.uk)

**Zumba**

Tuesdays 1 - 2pm  
 Winford Village Hall  
 Lynne Joyner 07748 963 297

**Zumba**

Tuesdays 8 - 9pm  
 Nailsea School  
 Nicky Devonshire 07917 430 946

**Zumba**

Wednesdays 11am - 12 noon  
 Uphill Village Victory Hall  
 Nicky Devonshire 07917 430 946

**Zumba (aimed at over 55s)**

Gentle dance classes to salsa, meringue, tango, Rumba, cha-cha and more, can be done in a chair or wheelchair.

Wednesdays 11am - 12 noon  
 Hobbs court, Nailsea  
 Emily Gazey 07892 825 617  
[www.thedancefactorystudio.com](http://www.thedancefactorystudio.com)

**Zumba (aimed at over 55s)**

Wednesdays 2 - 3pm  
 Clifton Court, Clevedon  
 Emily Gazey 07892 825 617  
[www.thedancefactorystudio.com](http://www.thedancefactorystudio.com)

**Zumba**

Wednesdays 7 - 8pm  
 Burroughs Dance Centre  
 Weston-super-Mare  
 Andrew 01934 621 281  
[www.burroughsdancecentre.co.uk](http://www.burroughsdancecentre.co.uk)

**Zumba**

Wednesdays 8 - 9pm  
 Wyvern School, Weston-super-Mare  
 Nicky Devonshire 07917 430 946

**Zumba (aimed at over 55s)**

Thursdays 2 - 3pm  
 Martindale Court, Weston-super-Mare  
 Emily Gazey 07892 825 617  
[www.thedancefactorystudio.com](http://www.thedancefactorystudio.com)

## Zumba

Thursdays 8 - 9pm  
Somerset Hall, Portishead  
Nicky Devonshire 07917 430 946

## Zumba

Fridays 9.30 - 10.30am  
Clevedon Conservative Club  
Nicky Devonshire 07917 430 946

## Zumba (aimed at over 55s)

Fridays 2 - 3pm  
Sandringham Court Weston-s-Mare  
Emily Gazey 07892 825 617  
www.thedancefactorystudio.com

## Zumba

Fridays 6 - 7pm  
Burroughs Dance Centre  
Weston-super-Mare  
Andrew 01934 621 281  
www.burroughsdancecentre.co.uk

## Gardening

### Gardening

Basic techniques for anyone wanting to gain confidence in growing their own vegetables, flower garden, etc. Sowing seeds, pricking out, growing on, taking cuttings, composting, looking after the soil are all included. Can tailor sessions as required. For beginners  
When: On request  
Where: Own garden  
Carol Price 01275 874 766

## Golf

### Clevedon Golf Club

01275 874 057  
www.clevedongolfclub.co.uk

### Long Ashton Golf Club

01275 392 229  
www.longashtongolfclub.co.uk

### Mendip Spring Golf Club

Congresbury  
01934 852 322  
www.mendipspringgolfclub.com

### Tall Pines Golf Club

Backwell  
01275 472 076  
www.tallpinesgolf.co.uk

### Tickenham Golf Club

01275 856 626  
www.tickenhamgolf.co.uk

### Weston-super-Mare Golf Club

01934 626 968  
www.westonsupermaregolfclub.com

### Woodspring Golf Club

Long Ashton  
01275 394 378  
www.woodspring-golf.com

### Worlebury Golf Club

Weston-super-Mare  
01934 625 789  
www.worleburygc.co.uk

## Martial Arts

### Aikido

Mondays 7 - 9pm  
 St Martins School  
 Worle  
 Phil Benge 07786 513 973  
[www.risingsunaikido.org.uk](http://www.risingsunaikido.org.uk)

### Aikido

Fridays 7 - 9pm  
 The Campus  
 Weston-super-Mare  
 Phil Benge 07786 513 973  
[www.risingsunaikido.org.uk](http://www.risingsunaikido.org.uk)



### Aikido

Saturdays 11.30am - 1pm  
 The Campus  
 Weston-super-Mare  
 Phil Benge 07786 513 973  
[www.risingsunaikido.org.uk](http://www.risingsunaikido.org.uk)

### Choy Li Fut

One of the most complete and effective styles for health and self-defence  
 Tuesdays 6.30 - 8.30pm  
 Village Hall  
 Long Ashton Community Centre  
 Jack Thurkettle 07881 880 762  
[www.tienlistudio.wordpress.com](http://www.tienlistudio.wordpress.com)

### Judo

Sundays, 10am - 1pm  
 Uphill Village Victory Hall  
 01275 817 751  
[www.uphillvillage.org.uk](http://www.uphillvillage.org.uk)

### Karate

Mondays 7 - 8pm  
 Swiss Valley Sports Centre,  
 Clevedon  
 Vince Giardina 07795 382 760

### Karate

Wednesdays 5.45 - 6.45pm  
 Churchill Memorial Hall  
 Caron Giardina 07795 382 792

### Tae Kwon Do

Tuition in self defence, fitness and flexibility this art involves kicks, punches and blocks to defend yourself.  
 Mondays 7 - 8pm  
 Highdown Junior School, Portishead  
 Marc Hollier 07901 864 694



### Tae Kwon Do

Thursdays 7 - 8pm  
 Trinity Primary School, Portishead  
 Marc Hollier 07901 864 694

## Netball

### Netball

Female Netball club. Social and competitive, playing in local, county and regional leagues. Training sessions consist of fitness, skills/ drills and game play led by qualified coaches.  
 Mondays 7 - 9pm  
 Priory School  
 Weston-super-Mare  
 Kelly Redman  
[www.westonnetballclub.co.uk](http://www.westonnetballclub.co.uk)

## Inclusive Fitness Initiative

There is inclusive and specialised fitness equipment available for people with disabilities – and trained staff to support all users. This is aimed at increasing opportunities to improve general levels of health and fitness.

To find out more call the fitness manager at Hutton Moor Leisure Centre on 01934 425 900.



## Outdoor pursuits

### Boot Camp

Get fit, look good, feel great. A variety of fitness levels. Bridal Bootcamp and Personal Training also available.

Monday - Friday 6.30am - 10pm;

Saturday 6.30am - 1pm

Weston-super-Mare

Matt Jupp 07749 747 861

[www.bootcampsomerset.com](http://www.bootcampsomerset.com)

### Canoeing

A friendly canoe club based on the Marine Lake in Clevedon.

Clevedon Marine Lake

[www.clevedoncanoecub.org.uk](http://www.clevedoncanoecub.org.uk)

### Mendip Outdoor Pursuits

Tasters available in canoeing, kayaking, climbing, abseiling and lots more. Congresbury

Jim Hayward 01934 834 877

[www.mendipoutdoorpursuits.co.uk](http://www.mendipoutdoorpursuits.co.uk)

**If you don't like the gym, want to get fitter and feel better, try a 'green gym'.**

**Weston Woodlanders meet on Wednesdays at 10am at changing locations in the woods – usually near the Water Tower, Weston-super-Mare.**

**To find out where the group is meeting on the day call Steve Moon on 07531 412 587.**

### Military Functional Fitness

Outdoor Military-themed group training sessions.

Monday - Thursday, 6.30pm

Saturdays 9am

Clarence Park, Castle Batch and Weston beach

Ollie Perkins 07920 875 845

[www.mffitness.co.uk](http://www.mffitness.co.uk)

### Kayaking and open-boating

For adults and families

Tuesdays 7.30 - 9.30pm

Various local rivers and beaches

David Singleton 01934 876 642

[www.sacc.co.uk](http://www.sacc.co.uk)

## Environmental Activities

### Woodland activities

The Natural Connections project can help to improve physical and mental health through hands-on experiences in a woodland setting.

Various times. Local woodlands

Jon Attwood 0117 963 3383

[www.forestofavontrust.org](http://www.forestofavontrust.org)



### Woodland conservation

A group of volunteers helping to manage Towerhouse Wood

Various times

1 km north of Nailsea

Terry Smith 01275 854 317

[www.nailseanature.org.uk](http://www.nailseanature.org.uk)

## Go4Life initiatives for groups and workplaces

### Back to Sport 4 Life

If you would like to try a new physical activity or sport or have a group of friends who would like to get fit in a fun way, why not try Back to Sport 4 Life?

The project is for anyone aged 16 and above who would like to get back into sport or try something new. The sessions are fun and relaxed, led by experienced coaches and instructors.

We are inviting established community clubs to get involved. The club must be able to cater for all abilities and be prepared to run a number of sessions, before inviting participants to join regular club sessions. Support will be given.

### Active Workplaces 4 Life

The Active Workplaces initiative offers workplaces the opportunity to improve the health and wellbeing of employees. Funded by Sport England, the initiative gives workplaces in North Somerset the chance to start up an eight-week physical activity session of their choice.

Improved health for people at work offers real gains to employers and employees through improved productivity, lower rates of sickness and greater rapport between staff.

The scheme supports workplaces to choose an activity that fits in well with the organisation. It could be anything from a lunchtime exercise class to an after work sports club. The initiative can also fund a group of workplaces to set up an activity together before, during or after work.

To find out more about either of the above initiatives for groups in North Somerset contact the Sport and Active Lifestyles team on 01275 882 730 or email [sport@n-somerset.gov.uk](mailto:sport@n-somerset.gov.uk)



## Running

### Women's Running

An all female running movement - inspiring women of all ages to run for fun and fitness. A simple philosophy: giving all women, whatever their age, size or ability, the opportunity to run together to improve their health, fitness, confidence and safety.

Mondays and Thursdays 6 - 7pm  
Entrance to Morrisons car park,  
Clevedon  
Emma Ruffle 01275 343 918  
[www.thebodyworksfitness.co.uk](http://www.thebodyworksfitness.co.uk)

### Social running

Meet every week and follow a trail set by our 'Hare'. The trail may take us through town or country for 1-2 hours and the trail keeps everyone more or less together, whatever their speed. Dogs welcome. Socialise afterwards in the pub.

Wednesdays 7.15pm; last Saturday of each month at 2pm  
Various places in North Somerset  
Joe Norman 07966 495 086  
[www.bristolhash.org.uk](http://www.bristolhash.org.uk)

## Snooker

### Snooker

Improve your game with a World Snooker Coach.  
Individual or group coaching  
Various times  
North Somerset  
Bob Hill 01275 882 734

## Squash

### Squash and racketball

Very active sport – played in indoor courts  
Everyday  
Devonshire Road  
Weston-super-Mare  
Rod Barnes 07766 116 203  
[www.westonsquash.co.uk](http://www.westonsquash.co.uk)

*For further sessions see Leisure/Sports Centre pages*



## Swimming

The following North Somerset venues have swimming pools:

**Backwell Leisure Centre**

**Churchill Sports Centre**

**Hutton Moor Leisure Centre**

**Parish Wharf Leisure Centre**

**Portishead Open Air Pool**

**Strode Leisure Centre**

*For further sessions see  
Leisure/Sports Centre pages*



## Table Tennis

### Table tennis

Coaching available

Mondays 6 - 8pm

Cleeve Village Hall

Mike Withyman 01934 833 986

Open to all abilities

## Go4Life

If you want to become more active then Go4Life is for you, helping you to become fitter and healthier and feel better about yourself.

There are lots of benefits for Go4Life members including:

- Free step counter
- A regular online newsletter
- Information on Go4Life challenges and health walks
- Supportive information and advice

Join in with Go4Life by completing our membership form at [www.go4life.org](http://www.go4life.org)

*For more information contact the Sport and Active Lifestyles team on 01275 882 730*



**Table tennis**

Coaching available  
 Fridays 7.30 - 9pm  
 Banwell School  
 Bill Atkinson 01934 823 246

*For further sessions see  
 Leisure/Sports Centre pages*

**Tai Chi****Tai Chi**

Mondays 9.30 - 10.30am  
 Avon Way Hall, Portishead  
 Kevin Ludick 07916 247 189

**Tai Chi****(aimed at seniors)**

Mondays 9.30 - 10.30am  
 The Scout Hut, Clevedon  
 Tony Dove 07886 630 436  
[www.likeatree.org.uk](http://www.likeatree.org.uk)

**Tai Chi****(aimed at people with limited mobility)**

Mondays 10.45 - 11.45am  
 Clevedon Community Centre  
 Tony Dove 07886 630 436  
[www.likeatree.org.uk](http://www.likeatree.org.uk)

**Tai Chi for health****(aimed at over 50s)**

A mixture of seated and standing exercises.

Mondays 12.30 - 1.30pm  
 Women's Institute Hall, Backwell  
 Tony Dove 07886 630 436  
[www.likeatree.org.uk](http://www.likeatree.org.uk)

**Tai Chi**

Gentle exercise  
 Tuesdays 1.30 - 2.30pm  
 Parish Wharf Leisure Centre  
 Tony Dove 07886 630 436  
[www.likeatree.org.uk](http://www.likeatree.org.uk)

**Tai Chi**

Tuesdays 4 - 5pm  
 Old School Rooms, Congresbury  
 Di Ramsey 0845 643 4702

**Tai Chi**

Tuesdays 6.45 - 8.15pm  
 Flax Bourton School  
 Ben Milton 01179 493 955 /  
 07811 566 791  
[www.bristoltaichi.com](http://www.bristoltaichi.com)

**Tai Chi for health**

Tuesdays 6.45 - 8.15pm  
 For All Healthy Living Centre,  
 Weston-super-Mare  
 Malcolm Droy 01935 826 597  
[www.swtaichi.com](http://www.swtaichi.com)

**Tai Chi****(aimed at people with limited mobility)**

Wednesdays 9.30 - 10.30am  
 Our Lady of Lourdes, Milton  
 Tony Dove 07886 630 436  
[www.likeatree.org.uk](http://www.likeatree.org.uk)

**Tai Chi****(aimed at people with limited mobility)**

Wednesdays 2 - 3pm  
 Searle Court, Clevedon  
 Tony Dove 07886 630 436  
[www.likeatree.org.uk](http://www.likeatree.org.uk)

**Tai Chi**

Ageing Well (over 50s)  
 Wednesdays 2.30 - 3.30pm  
 St Paul's Church Hall, Kewstoke  
 Cheryl Mountford  
 07840 350 334 / 01278 781244  
[www.bubblingsprings.org.uk](http://www.bubblingsprings.org.uk)

**Tai Chi**

Thursdays 9.30 - 10.30am  
 The Campus, Weston-super-Mare  
 Tony Dove 07886 630 436  
[www.likeatree.org.uk](http://www.likeatree.org.uk)

**Tai Chi for health**

Exercises to improve posture, joint health, increase flexibility, improve mobility, stimulate the brain and clear negative emotion.  
 Thursdays 10.15 - 11.30am  
 Blagdon Village Hall  
 Sarah Bartlett 01179 711 966 / 07815 662 844  
[www.buqiworks.co.uk](http://www.buqiworks.co.uk)

**Tai Chi (aimed at over 60s)**

Thursdays 12.45 - 2pm  
 United Reformed Church Hall,  
 Weston-super-Mare  
 Malcolm Droy 01935 826 597  
[www.swtaichi.com](http://www.swtaichi.com)

**Tai Chi (aimed at over 50s)**

Thursdays 2.30 - 3.30pm  
 Jubilee Hall, Portishead  
 Tony Dove 07886 630 436  
[www.tony.likeatree.org.uk](http://www.tony.likeatree.org.uk)

**Tai Chi (aimed at seniors)**

Fridays 10.30 - 11.30am  
 Martindale Court, Worle  
 Cheryl Mountford 07840 350 334  
 / 01278 781 244  
[www.bubblingsprings.org.uk](http://www.bubblingsprings.org.uk)

**Tai Chi**

Fridays 2 - 3pm  
 Winscombe Community Centre  
 Cheryl Mountford 07840 350 334  
 / 01278 781 244  
[www.bubblingsprings.org.uk](http://www.bubblingsprings.org.uk)

**Tai Chi (aimed at over 50s)**

Gentle seated and standing exercise to promote balance, relaxation and well being.  
 Fridays 2 - 3pm and 3 - 4pm  
 Jubilee Pavilion, Long Ashton  
 Community Centre  
 Tony Dove 07886 630 436  
[www.tony.likeatree.org.uk](http://www.tony.likeatree.org.uk)



### Qigong for health and happiness

These exercises are simple to learn but are highly effective in realigning the body, releasing tension and stress and improving overall health and well being. Exercises can be standing, sitting or lying down. We may sometimes use breathing and sound exercises.

Thursdays 12.45 - 1.15pm  
 Blagdon Village Hall  
 Sarah Bartlett 01179 711 966 /  
 07815 662 844  
[www.buqiworks.co.uk](http://www.buqiworks.co.uk)

## Walking

### Clevedon Ramblers

Di Knight 07817 807 520  
[www.somersetramblers.co.uk](http://www.somersetramblers.co.uk)

### Congresbury Footpath Group

Social walks for 3-7 miles  
 Third Sunday of the month, 10am  
 Riverside car park, Congresbury  
 Peter Talbot 01934 832 657

### Gordano Footpath Group

Anne Brain 01275 374 867  
[www.gordano-footpath-group.org.uk](http://www.gordano-footpath-group.org.uk)

### Health Walks

A range of short walks up to one hour in a social, supportive environment. An ideal first step for anyone wanting to become active or for people with health conditions.  
 Weekdays, various times  
 Clevedon, Nailsea, Portishead, Weston-super-Mare, Winscombe, Yatton  
 Go4Life 01275 882 730  
[www.go4life.org](http://www.go4life.org)

## Nailsea and District Footpath Group

Alternate Tuesdays and Thursdays,  
and weekends  
Gordon Bennett 01275 810 067

## Nordic Walking

North Somerset  
and Mendip Hills  
Emma Ruffle 01275 343 918  
www.nordicwalking.co.uk

## Social walking

Meet every week and follow a trail set by our "Hare". The trail may take us through town or country for 1-2 hours and the trail keeps everyone more or less together, whatever their speed. Dogs welcome. Socialise afterwards in the pub.

Wednesdays 7.15pm;  
last Saturday of each month at 2pm  
Joe Norman 07966 495 086  
www.bristolhash.org.uk



## Time to quit smoking?

You don't have to wait long for the benefits to start once you stop.

After...

- 20 minutes your blood pressure and pulse return to normal
- 8 hours nicotine and carbon monoxide levels in your blood are halved
- 24 hours carbon monoxide will be eliminated from your body and your lungs will have started to clear out the tar that's been clogging them up
- 48 hours no nicotine left in your body. Your senses of taste and smell are greatly improved
- 72 hours your breathing becomes easier and your energy levels increase
- 2-12 weeks your circulation improves and exercise can be easier
- 3-9 months any coughs, wheezing and breathing problems improve

**Walk and Lunch**

Choice of a longer or shorter route.

Everyone welcome.

Third Monday of the month,

10am - 12.30pm

Village Club car park, Blagdon

Judith Tranter 01761 462 276

[www.blagdon.org](http://www.blagdon.org)

**Woodspring Ramblers**

Marion Davies 01934 833 605

[www.somersetramblers.co.uk](http://www.somersetramblers.co.uk)

**Yoga****Yoga**

Yoga classes for adults of all ages

and abilities. Also Pregnancy Yoga

classes and Mum and Baby yoga

Various times

Nailsea and surrounding areas

Carley Oates 07914 495 620

[www.yogabodymindbreath.co.uk](http://www.yogabodymindbreath.co.uk)

**Yoga**

An antidote to the speed of modern

living. Many benefits including

better sleep, increased muscle tone,

strength and flexibility.

Mondays (term time) 10 - 11.30am

and 7.30 - 9pm

Village Hall, Long Ashton

Community Centre

Jane Smith 01275 393 892

**Yoga**

Mondays 6 - 7.30pm

Nailsea United Reformed Church

Hall

Shokuh Zahedi 01275 855 682

**Yoga**

All abilities / intermediate +

Mondays 6 - 7pm / 7.15 - 8.45pm

Banwell Village Hall

Jean Kedward 01934 823 818

**Yoga**

Mondays 8 - 9.15pm

The Campus, Worle

Jodie Fouweather 07824 376 663

[www.yoga.projex.com](http://www.yoga.projex.com)

**Yoga**

Tuesdays 9.30 - 10.45am

Nailsea United Reformed Church Hall

Jean Leadbetter 01275 461 078

**Yoga**

Beginners

Tuesdays 10 - 11.15am

Portishead Dojo

Suzi Griffin

01275 846 831 /

07776 321 989

[www.yogafriendly.co.uk](http://www.yogafriendly.co.uk)

**Yoga**

Confidence building for people new

to yoga

Beginners

Tuesdays 10.30 - 11.30am and

7 - 8pm

The White Space, Clevedon

Wendy Doig 07565 962 862

[www.thewhitespaceclevedon.co.uk](http://www.thewhitespaceclevedon.co.uk)

**Yoga**

Tuesdays 10.30 - 11.45am

Scotch Horn Leisure Centre, Nailsea

Jodie Fouweather 07824 376 663

[www.yoga.projex.com](http://www.yoga.projex.com)

**Yoga**

Tuesdays, 10.30am - 12 noon  
 Uphill Village Victory Hall  
 01275 876 867  
[www.uphillvillage.org.uk](http://www.uphillvillage.org.uk)

**Yoga**

Tuesdays 11am - 12.30pm  
 The Folk Hall, Portishead  
 Amanda Dixey 07904 032 372

**Yoga (for pregnant women)**

Tuesdays 7 - 8.15pm  
 Moose Hall, Portishead  
 Suzi Griffin  
 01275 846 831 /  
 07776 321 989  
[www.yogafriendly.co.uk](http://www.yogafriendly.co.uk)

**Yoga**

After work class. This class focuses on mental and physical relaxation in order to compensate a stressful lifestyle.

Tuesdays 8 - 9.30pm  
 Yatton Village Hall  
 Cecilia Coppo 01934 835 752

**Yoga**

Simple stretching yoga postures incorporating breathing techniques, meditation and relaxation. A friendly class.  
 Wednesdays 9.45 - 11am  
 Village Hall, Long Ashton  
 Community Centre  
 Jean Leadbetter 01275 461 078

**Yoga**

Extremely gentle. Suitable for people who experience some difficulty with movement in their normal lives. Medical advice might be required.

Wednesdays 10.30 - 11.30am  
 Yatton Village Hall  
 Cecilia Coppo 01934 835 752

**Yoga**

Beginners  
 Wednesdays 10.30 - 11.45am  
 Kingston Seymour Village Hall  
 Suzi Griffin 01275 846 831 /  
 07776 321 989  
[www.yogafriendly.co.uk](http://www.yogafriendly.co.uk)

**Yoga**

Thursdays 1.30 - 2.30pm  
 The Folk Hall, Portishead  
 Amanda Dixey 07904 032 372

**Yoga**

Beginners and students  
 Thursdays 6.30 - 7.45pm  
 Moose Hall, Portishead  
 Suzi Griffin 01275 846 831 /  
 07776 321 989  
[www.yogafriendly.co.uk](http://www.yogafriendly.co.uk)

**Yoga**

Thursdays 7.30 - 8.45pm  
 Hand Stadium, Clevedon  
 Jodie Fouweather 07824 376 663  
[www.yoga.projex.com](http://www.yoga.projex.com)

**Yoga**

Intermediate and advanced  
 Thursdays 8 - 9.15pm  
 Moose Hall, Portishead  
 Suzi Griffin 01275 846 831 /  
 07776 321 989  
[www.yogafriendly.co.uk](http://www.yogafriendly.co.uk)

**Yoga**

Beginners and improvers  
 Fridays 10 - 11.15am  
 St Peter's Hall, Clevedon  
 Suzi Griffin 01275 846 831 /  
 07776 321 989  
[www.yogafriendly.co.uk](http://www.yogafriendly.co.uk)

**lyengar yoga class**

lyengar Yoga is the world's most  
 widely practised method of yoga

and teachers of the lyengar method  
 must be fully qualified and  
 certificated by lyengar's Institute of  
 Pune, India.

Wednesdays 7 - 8.30pm  
 Lakewood Centre, Blagdon  
 Nick Long 01172 308 388  
[www.somersetyoga.co.uk](http://www.somersetyoga.co.uk)

**lyengar yoga class**

Thursdays 9 - 10.30am  
 Lakewood Centre, Blagdon  
 Nick long 01172 308 388  
[www.somersetyoga.co.uk](http://www.somersetyoga.co.uk)

**Therapeutic one-to-one Yoga**

Telephone first for consultation  
 Home visits  
 Shokuh Zahedi 01275 855 682



# Go4Life

Thanks for reading the **Go4Life** Active Directory – we hope it has given you inspiration to take part in a physical activity that interests you.

If you want to become more active then **Go4Life** is for you, helping you to become fitter and healthier and feel better about yourself.

There are lots of benefits for **Go4Life** members including:


- Free step counter
- A regular online newsletter
- Information on **Go4Life** challenges and health walks
- Supportive information and advice

Join in with **Go4Life** by completing our membership form at [www.go4life.org](http://www.go4life.org)

For more information contact the Sport and Active Lifestyles team on

**01275 882 730**





**Council documents can be made available in large print, audio, easy read and other formats. Documents on our website can also be emailed to you as plain text files.**

**Help is also available for people who require council information in languages other than English.**

**For more information contact: 01275 882 730 or [go4life@n-somerset.gov.uk](mailto:go4life@n-somerset.gov.uk)**

