

2019-20

Friendship *and* exercise clubs



- gentle but challenging exercise
- games
- tea and coffee
- make new friends
- first session **FREE**
- small charge thereafter

Please phone us first to ask any questions and have a friendly chat.

One You South Gloucestershire

☑ 01454 865337

☑ oneyou@southglos.gov.uk

Sporting Chance

☑ 07825 155954

☑ info@sportingchance-pt.co.uk

 oneyou.southglos.gov.uk/friendship

Friendship

FISHPONDS

Fishponds Friendship & Exercise Clubs

📍 Fishponds Baptist Church (Youth Hall), Downend Road, Fishponds BS16 5AS

🕒 Every **Tuesday**: 10:00am to 11:30am

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KINGSWOOD

Kingswood Friendship & Exercise Clubs

📍 Kingsmeadow @ MadeForever, Fisher Road, Kingswood BS15 4RQ

🕒 Every **Thursday**: 1:15pm to 2:00pm and 2:45pm to 3:30pm
(shared social time: 2:00pm to 2:45pm)

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OLDLAND COMMON

Oldland Friendship & Exercise Clubs

📍 Community Building, rear of Redfield Edge School, High Street, Oldland Common BS30 9TL

🕒 Every **Wednesday**: 9:15am to 10:15am and 10:45am to 11:45am
(shared social time: 10:15am to 10:45am)

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PATCHWAY

Patchway Friendship & Exercise Clubs

📍 Coniston Community Centre, Coniston Road, Patchway BS34 5LP

🕒 Every **Friday**: 9:30am to 10:30am and 10:30am to 11:30am

Come and join us for weekly
a chance to make new

exercise clubs

why not join a new club?

STAPLE HILL

Staple Hill Friendship & Exercise Clubs

📍 Methodist Church, High Street, Staple Hill BS16 5HQ

🕒 Every **Thursday**: 9:30am to 11am and 11:15am to 12:45pm

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THORNBURY

Thornbury Friendship & Exercise Clubs

📍 Methodist Church, High Street, Thornbury BS35 2AQ

🕒 Every **Thursday**: 9:30am to 11am and 11:15am to 12.45pm

Please call Amy Garrahy: 07731 451885

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YATE

Cambrian Green Friendship & Exercise Club

📍 Cambrian Green Court, Wellington Road, Yate BS37 5TR

🕒 Every **Friday**: 2:15pm to 3:45pm

St. Nicholas, Abbotswood Friendship & Exercise Clubs

📍 St. Nicholas Family Centre, Chargrove, Yate BS37 4LG

🕒 Every **Monday**: 9:30am to 10:15am and 11:00am to 11:45am (shared social time: 10:15am-11:00am)



Weekly exercise,
new friends and enjoy a cuppa!

South Gloucestershire Council working in partnership with:

- Bitton Parish Council
- Cambrian Green Residents Association
- Coniston Community Association
- Fishponds Friendship and Exercise Group
- Housing and Care 21
- Kingsmeadow @ MadeForever
- Sporting Chance
- St. Nicholas Family Centre
- Staple Hill Community Hub
- Staple Hill Regeneration Partnership

I come because the exercise is good for me and pitched at the right level. I particularly like to keep socially active and I have met some wonderful new friends through the club. The instructor is extremely kind and makes you feel confident about doing the exercises.

Sheila



#1694 | 05-2019

