

Gloucester Exercise Classes

Please contact the Class Instructor in advance of the session to confirm your attendance.

There may be a waiting list or changes to the class schedule/pricing and it is important to check the Class is at the right level for you.

Abbeydale

Monday 1.15-2.15	Senior Strong	Abbeydale Community Centre	£5 per session	Ian Preston ian@healthlifefitness.org 07306 334222
Monday 2.30-3.30	Forever Fit	Abbeydale Community Centre	£5 per session	Ian Preston ian@healthlifefitness.org 07306 334222

Brockworth

Thursday 11:00	Seated Strength and balance class. Mainly seated and ideal for less mobile/those that find walking difficult	Brockworth Community Centre	£5 per session	Fit for Life Team Contact: 07596 969286 Email: fitforlifegloucester@gmail.com Facebook page: www.facebook.com/fitforlifegloucester
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Churchdown

Monday 10:30	Fitness, strength and balance (participants have own chair and can sit or stand during class)	Churchdown Community Centre, Parton Road, Churchdown. GL3 2JH.	£5 per session	Fit for Life Team Contact: 07596 969286 Email: fitforlifegloucester@gmail.com Facebook page: www.facebook.com/fitforlifegloucester
Monday 6.45pm	Fitness, strength and balance (participants have own chair and can sit or stand during class)	Churchdown Community Centre, Parton Road, Churchdown. GL3 2JH.	£5 per session	Fit for Life Team Contact: 07596 969286 Email: fitforlifegloucester@gmail.com Facebook page: www.facebook.com/fitforlifegloucester
Tuesday 09:45	Fitness, strength and balance (participants have own chair and can sit or stand during class)	GL3 Community Hub, Churchdown	£5 per session	Fit for Life Team Contact: 07596 969286 Email: fitforlifegloucester@gmail.com Facebook page: www.facebook.com/fitforlifegloucester
Tuesday 13:30	seated/ standing class aimed at improving balance, muscle strength, joint mobility and coordination	St Andrew's Church Hall Churchdown, GL3 2JT	Contact instructor	Antonia Vassiloudi antoniavassiloudi@hotmail.com 07803 345702

Thursday 12:00	An active session for those who are comfortable standing unsupported and incorporating an aerobic element aimed at improving balance, muscle strength, joint mobility and coordination	Churchdown Community Centre, GL3 2JH	Contact instructor	Antonia Vassiloudi antoniavassiloudi@hotmail.com 07803 345702
Friday- 9.45-10.45	Falls Prevention and Balance Class	Churchdown Methodist Church Hall	£5 per session	Matthew Harris 07795 465982
Friday 10:00	Circuit class (a very active class with lots of movement, exercises and equipment)	GL3 Community Hub, Churchdown	£5 per session	Fit for Life Team Contact: 07596 969286 Email: fitforlifegloucester@gmail.com Facebook page: www.facebook.com/fitforlifegloucester
Friday 11:45	Seated Strength and balance class. Mainly seated and ideal for less mobile/those that find walking difficult	Churchdown Community Centre	£5 per session	Fit for Life Team Contact: 07596 969286 Email: fitforlifegloucester@gmail.com Facebook page: www.facebook.com/fitforlifegloucester

Hucclecote

Wednesday 10:00	Fitness, strength and balance (participants have own chair and can sit or stand during class)	Hucclecote Community Centre	£5 per session	Fit for Life Team Contact: 07596 969286 Email: fitforlifegloucester@gmail.com Facebook page: www.facebook.com/fitforlifegloucester
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Kingsholm

Tuesday 10am	Fitness, strength and balance (participants have own chair and can sit or stand during class)	The Heritage Gloucester Rugby Club, Kingsholm	£5 per session	Fit for Life Team Contact: 07596 969286 Email: fitforlifegloucester@gmail.com Facebook page: www.facebook.com/fitforlifegloucester
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Longlevens

Monday 10:00-11.00	Fitness, strength and balance (participants have own chair and can sit or stand during class)	Longlevens Community Centre	£5 per session	Fit for Life Team Contact: 07596 969286 Email: fitforlifegloucester@gmail.com Facebook page: www.facebook.com/fitforlifegloucester
Monday 11:00-12.00	Seated Strength and balance class. (Mainly seated and ideal for less mobile/those that find walking difficult)	Longlevens Community Centre	£5 per session	Fit for Life Team Contact: 07596 969286 Email: fitforlifegloucester@gmail.com Facebook page: www.facebook.com/fitforlifegloucester
Thursday 10:00-11.00	Fitness, strength and balance (participants have own chair and can sit or stand during class)	Longlevens Community Centre	£5 per session	Fit for Life Team Contact: 07596 969286 Email: fitforlifegloucester@gmail.com Facebook page: www.facebook.com/fitforlifegloucester

Matson

Tuesday 12:15-13:15	Falls Prevention and Balance Class	The Redwell Centre, Matson,	£4 per session	Matthew Coopey 07872563 266
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Online

Thursday 14:30-15.30	Active Balance Class	Online via Zoom	Monthly subscription £13	Jo-Anne Hale Website: http://www.zestforlife.org.uk Email: zest.forlife@yahoo.co.uk Mob: 07817 851 214
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Quedgeley

Tuesday 11.30-12.30	Fitness, Strength and balance (participants have own chair and can sit or stand during class)	Quedgeley Community Centre	£5 per session	Fit for Life Team Contact: 07596 969286 Email: fitforlifegloucester@gmail.com Facebook page: www.facebook.com/fitforlifegloucester
Thursday 11:00-12.00	Fitness, Strength and Balance (participants have own chair and can sit or stand during class)	Quedgeley Village Hall	£5 per session	Fit for Life Team Contact: 07503 876430 Email: fitforlifegloucester@gmail.com Facebook page: www.facebook.com/fitforlifegloucester
Friday 13:30-14:30	Falls Prevention and Balance Class	Quedgeley Community Centre	£5 per session	Matthew Coopey 0787 2563266

Tuffley

Wednesday 15:30-16:30	Falls Prevention and Balance Class	Oliver Close Communal Lounge, Tuffley	£4 per session	Matthew Coopey 07872563 266
Friday 10:00-11.00	Fitness, strength and balance (participants have own chair and can sit or stand during class)	Grange Baptist Church, Grange Rd, Tuffley	£5 per session	Fit for Life Team Contact: 07596 969286 Email: fitforlifegloucester@gmail.com Facebook page: www.facebook.com/fitforlifegloucester

Upton St Leonards

Friday 10.00-11.00	Forever Fit	Upton St Leonard's Cricket Pavillion	£5 per session	Ian Preston ian@healthlifefitness.org 07306 334222
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