

**'activ8tème' CURRENT ACTIVITIES - Low cost, pay-as-you-go adult fitness & sports sessions, no membership required!**

**All ages (16+) & abilities welcome! All sessions are 'Just turn up' unless stated. (subject to change since printing)**

To find out more contact Sarah: 01706 926 239 / 07976 498 629 Email: [sarah.shard@link4life.org](mailto:sarah.shard@link4life.org) [www.link4life.org/activ8tème](http://www.link4life.org/activ8tème) Facebook: Activ8teME

Area	Name of Session	Day	Time	Venue	Cost	Gender	Comments
<b>EXERCISE AND FITNESS</b>							
Rochdale	Step	Mondays	10.30am-11.15am	Rochdale Leisure Centre	£2.55	Mixed	Pre-booking recommended
Castleton	Zumba Basic®	Mondays	10.30am-11.30am	St Martin's Church	£2.50	Mixed	
Littleborough	Gentle Keep Fit	Mondays	11am-12 noon	Littleborough Sports Centre	£2.50	Mixed	Pre-booking recommended
Rochdale	Zumba Basic®	Mondays	10.30am-11.30am	Christ Church Healey	£2.50	Mixed	
Middleton	Cardio Club	Mondays	6pm-7pm	Bowlee Park Sports Centre	£2.50	Mixed	90's music dance class with glow sticks
Milnrow	Zumba®	Mondays	6.30pm-7.30pm	Milnrow Working Mens Club	£2.50	Mixed	Venue has one flight of stairs, no lift
Rochdale	Indoor Hockey	Mondays	6.30pm-8pm	Kingsway Park Sports Centre	£2.50	Mixed	Pre-booking recommended
Middleton	Yoga	Mondays	7pm-7.45pm	Bowlee Park Sports Centre	£2	Mixed	
Milnrow	Clubbercise	Mondays	7.30pm-8.30pm	Milnrow Working Men's Club	£2.50	Mixed	Venue has one flight of stairs, no lift
Middleton	Indoor Cycling	Tuesdays	6.45am-7.30am	Middleton Arena	£2.50	Mixed	Pre-booking recommended
Rochdale	Over 50's Sport & Fun	Tuesdays	9am-12 noon	Rochdale Leisure Centre	£3.85/4.25	Mixed	Includes tea and coffee
Littleborough	Legs Bums Tums	Tuesdays	10am-11am	Littleborough Sports Centre	£2.50	Mixed	Pre-booking recommended
Heywood	Zumba Basic®	Tuesdays	10.30am-11.30am	Heywood Civic Centre	£1.50	Mixed	Pre-booking recommended
Deeplish	Zumba Basic®	Tuesdays	10.30am-11.30am	St Luke's Church	£2.50	Ladies Only	
Middleton	Legs Bums Tums	Tuesdays	6pm-7pm	Bowlee Park Sports Centre	£2.50	Mixed	
Heywood	Clubbercise	Tuesdays	6pm-7pm	Heywood Civic Centre	£2	Mixed	Pre-booking recommended
Middleton	Legs Bums Tums (Beginners)	Tuesdays	7pm-8pm	Bowlee Park Sports Centre	£2.50	Mixed	
Rochdale	Salsacise	Wednesdays	10am-10.45am	Rochdale Leisure Centre	£2.55	Mixed	Pre-booking recommended
Heywood	Zumba Basic®	Wednesdays	10.30am-11.30am	Heywood Civic Centre	£1.50	Mixed	Pre-booking recommended
Castleton	Zumba Basic®	Wednesdays	10.30am-11.30am	St Aidan's Church	£2.50	Mixed	
Littleborough	Gentle Aerobics	Wednesdays	11am-12 noon	Littleborough Sports Centre	£2.50	Mixed	Pre-booking recommended
Heywood	Fun Dance	Wednesdays	12.15pm-1.15pm	Heywood Civic Centre	£1.50	Mixed	Pre-booking recommended
Heywood	Tai Chi	Wednesdays	12.30pm-1.15pm	Heywood Sports Village	£2.50	Mixed	Pre-booking recommended
Milnrow	Yoga	Wednesdays	5.45pm-6.45pm	Milnrow Working Men's Club	£2.50	Mixed	Venue has one flight of stairs, no lift
Middleton	Zumba®	Wednesdays	6.30pm-7.30pm	Bowlee Park Sports Centre	£2.50	Mixed	
Heywood	Pilates	Wednesdays	7pm-8pm	Heywood Civic Centre	£2	Mixed	Pre-booking recommended
Milnrow	Zumba®	Wednesdays	7pm-8pm	Milnrow Working Men's Club	£2.50	Mixed	Venue has one flight of stairs, no lift
Middleton	Yoga	Wednesdays	7.15pm-8.15pm	Middleton Popstars Academy	£2.50	Mixed	
Littleborough	Zumba Basic®	Thursdays	10am-11am	Littleborough Sports Centre	£2.50	Mixed	Pre-booking recommended

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Heywood	Zumba Basic®	Thursdays	10.30am-11.30am	Heywood Civic Centre	£1.50	Mixed	Pre-booking recommended
Rochdale	Zumba Basic®	Thursdays	11am-12 noon	Rochdale Unitarian Church	£2.50	Mixed	
Kirkholt	Fun Dance	Thursdays	1.30pm-2.30pm	Kirkholt Community Church	£2.50	Mixed	
Rochdale	Pilates	Thursdays	2pm-2.45pm	Rochdale Leisure Centre	£2.55	Mixed	Pre-booking recommended
Middleton	Burn & Bounce	Thursdays	5.45pm-6.45pm	Bowlee Park Sports Centre	£2.50	Mixed	Cardio, strength, free-weights session
Middleton	Zumba®	Thursdays	6pm-7pm	Middleton Cricket Club	£2.50	Mixed	
Heywood	Zumba®	Thursdays	6pm-7pm	Heywood Civic Centre	£2	Mixed	Pre-booking recommended
Middleton	Fun Dance	Thursdays	6.30pm-7.30pm	Alkington Community Centre	£2.50	Mixed	
Heywood	Yoga	Thursdays	7pm-8pm	Heywood Civic Centre	£2	Mixed	Pre-booking recommended
Middleton	Bowlee Circuit Training	Thursdays	7pm-8pm	Bowlee Park Sports Centre	£2.50	Mixed	Pre-booking recommended
Bamford	Clubercise	Thursdays	8.15pm-9.15pm	Bamford Chapel & URC	£2.50	Mixed	Venue has one flight of stairs, no lift
Rochdale	Ab Attack	Fridays	11.15am-12 noon	Rochdale Leisure Centre	£2.55	Mixed	Pre-booking recommended
Rochdale	Pilates	Fridays	5.15pm-6pm	Rochdale Leisure Centre	£2.55	Mixed	Pre-booking recommended
<b>NETBALL</b>							
Heywood	Walking Netball	Mondays	12pm-1pm	Heywood Sports Village	£2.50	Mixed	Starting 16 April
<b>BADMINTON (No booking required, just turn up, Co-ordinator at most sessions, we have equipment)</b>							
Littleborough	No Strings	Mondays	7:30pm – 9pm	Littleborough Sports Centre	£2.80	Mixed	
Heywood	No Strings	Tuesdays	5.30pm – 7pm	Heywood Sports Village	£2.50	Mixed	
Rochdale	No Strings	Tuesdays	7pm – 8pm	Kingsway Park Sports Centre	£2.50	Mixed	
Rochdale	No Strings	Wednesdays	6:30pm – 7:30pm	Rochdale Leisure Centre	£3.05	Mixed	
Rochdale	No Strings	Thursdays	8pm-9pm	Kingsway Park Sports Centre	£2.50	Mixed	No Co-ordinator
<b>RUNNING</b>							
Littleborough	Watergrove parkrun	Saturdays	9am	Watergrove Reservoir	FREE	Mixed	<a href="http://www.parkrun.org.uk/watergrove">www.parkrun.org.uk/watergrove</a>
Rochdale	Couch 2 5k	Mondays	6.30pm	Kingsway Park Sports Centre	£1	Mixed	
Rochdale	Beginners 5k+/ Couch 2 5k	Wednesdays	6pm	Kingsway Park Sports Centre	£1	Mixed	
<b>FOOTBALL</b>							
Littleborough	Walking Football	Tuesdays	10am-11.30am	Littleborough Sports Centre	£2.20	Mixed	Includes tea and coffee
Rochdale	Walking Football	Thursdays	9-10am & 10-11am	Rochdale Leisure Centre	£1.65	Mixed	
<b>SWIMMING</b>							
Rochdale	Adult Swim session	Weds, Thurs, Fri	9pm-10pm	Rochdale Leisure Centre	£2.55	Mixed	