

# GET ACTIVE

Sports development news from Plymouth City Council



## Active Mums at the Plymouth Life Centre

Jun-18

Our Active Mums Programme is organised in partnership with the Plymouth Life Centre. Offering parents and carers the chance to prepay for six sessions for just £2 per session; classes must be booked direct with the Life Centre using the voucher as payment.

### Classes suitable for parents and carers with baby/young child with them:

Buggy Fit ( outside )	Monday	9.30am	£2
Fitnastics	Monday	11.30am	£2
Parent & baby studio cycling	Tuesday	9.30am	£2
Pre-natal Aqua Fit	Tuesday	9.30am	£2
Mummycise	Wednesday	9.30am	£2
Parent & baby studio cycling	Thursday	9.30am	£2
Buggy Fit (outside)	Friday	9.30am	£2

### Classes suitable for parents and carers who are able to attend without their baby / child:

Studio Cycling	Monday	9.10am	£2
Body Combat	Monday	10am	£2
Studio Cycling	Tuesday	10.45am	£2
Studio Cycling	Wednesday	9.10am	£2
Total Toning	Thursday	10.35am	£2
Studio Cycling	Friday	9.30am	£2
**Gentle Yoga	Friday	1.30pm	£2
**Volleyball	Friday	6pm	£2
**Back To Netball	Friday	7pm	£2

The activities on offer either involve the child or run alongside the crèche's opening hours. The crèche must be booked and paid in advance as places are limited. NB sessions marked with a \*\* are not during the creche opening hours.

**To purchase your vouchers please call the Sports Development Unit  
01752 307008.**

*Everyone Active reserve the right to withdraw the offer at any time; all information is correct at the time of advertising.*

*(no other payment or membership required EA members can access the sessions as part of their membership)*

## Community Programme

<b>YMCA Plymouth - Honicknowle</b>			
Any Group Exercise Class	Various	Various	£1
<b>Brickfields Sports Centre - Devonport</b>			
Circuits (suitable for Diabetics )	Thursday	6pm to 7pm	£2
<b>Plymouth Life Centre - Central Park</b>			
Supertone (Eatwell)	Wednesday	3pm to 4pm	£2
<b>Devonport Park</b>			
Ladies only walk/run	Wednesday	9.15am to 10.30am	£2
<b>Jan Cutting Healthy Living Centre - Scott Business Park</b>			
Ladies only Supertone	Tuesday	6pm to 7pm	£2
Kettlebells	Thursday	6pm to 6.45pm	£2
<b>Morice Baptist Church - North Prospect</b>			
Ladies only Supertone	Thursday	9.30am to 10.30am	£2
Oomph seated fitness	Tuesday	10.15am to 11.30am	£2
<b>Stoke Damerel Community College</b>			
Studio Cycling*	Monday	5.15pm to 6pm	£3
Studio Cycling*	Monday	6pm to 6.45pm	£3
<b>Marine Academy Sports Centre - St Budeaux</b>			
Pilates	Wednesday	6.15pm to 7.15pm	£3
Circuits	Wednesday	7.30pm to 8.30pm	£3
<b>Nuffield Health Gym - Barbican Leisure Park</b>			
Running	Wednesday	6pm	£2
<b>Lipson Community Sports Centre</b>			
Studio Cycling*	Wednesday	6.15pm to 7pm	£3.50
Full Body Fit	Thursday	5.15pm to 6pm	£3.50
Studio Cycling*	Saturday	10.15am to 11am	£3.50
<b>Whitleigh Scout Hut - Lancaster Gardens</b>			
Pilates	Tuesday	9.30am to 10.30am	£2.00
<b>Whitleigh Hub - Whitleigh Green</b>			
Body Conditioning	Monday	9.30am to 10.30am	£2
Body Conditioning	Tuesday	5.15pm to 6.15pm	£2

If you haven't been exercising for a while or you would just like to try something new, we have a variety of sessions to suit everyone, whatever your age or fitness, these sessions will help you get started.

All classes are suitable for all abilities and everyone is welcome.

**For more information and to book a place please call 01752 307008**