Exercise in the local areaFREE OTAGO EXERCISE SESSIONS

For people aged 60 and over

Otago is a strength and balance training exercise programme that can help to improve:

Balance

General well being

General fitness

Muscle Strength

Classes are being held each week at Life Leisure in Barrow Park by a qualified, trained instructor.

It's a great way to keep fit and meet new people.

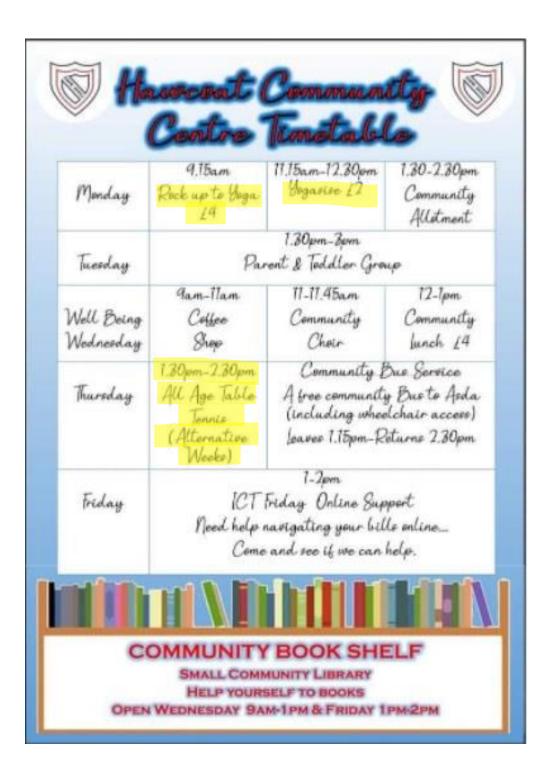
Tuesday 2.15pm

Wednesday 2.15pm

Thursday 2.15pm

To book a place, please contact Age UK Barrow on 01229 831425

(please note numbers are limited to 6 people per session)









 Junior Raid Runners Athletics Time: 5.30 - 6.30pm (£2) **Location: Furness Academy Athletics Track**

TUESDAY

 Rambling Raiders Well Being Walks Time: 10.30 - 11.30 (Free) **Location: Various**

• Golden Raiders Chair Based Exercise Time: 2.15 - 3.15pm (Free)

Location: Croftlands Community Centre

• Raider Girls Rugby Training (5-14 years)

Time: 5.30 - 6.30pm (Free)

Location: The Matt Johnson Prestige Stadium Location: The Matt Johnson Prestige Stadium

• Raiders Boxercise (Children and adults)

Time: 5-6pm (£3 adults/£1 children)

Location: The Matt Johnson Prestige Stadium Location: Hoops Basketball Centre

• Girls Rugby Strength & Conditioning (Year 11 - 19 years)

Time: 6.30 - 8.30pm (Free)

Location: The Matt Johnson Prestige Stadium

WEDNESDAY

• Able Raiders - Sports sessions for adults/young people with learning disabilities

Time: 10.30 - 12 midday (£2)

Location: The Matt Johnson Prestige Stadium

• Mini Raiders (2-3 years / 4-5 years)

Time: 4.15 - 5.15pm (£3)

Location: The Matt Johnson Prestige Stadium

THURSDAY

• Golden Raiders Chair Based Exercise

Time: 9.30 - 10.30am (£3)

Location: North Scale Community Centre

 Silver Raiders Walking Rugby Training (55+ years)

Time: 11 - 12 midday (£3)

Location: The Matt Johnson Prestige Stadium

• Raider Braves Boys Rugby Training (5-14 years)

Time: 5.30 - 6.30pm (Free)

• Raiders Dodgeball (£2)

Time: 5.15 - 6.15pm

FRIDAY

 Rambling Raiders Well Being Walks Time: 9.30 - 10.30am (Free)

Location: Various

• Golden Raiders Chair Based Exercise Time: 11 - 12 midday (£3)

Location: Hawcoat Community Centre





Contact: advantage@barrowrlfc.com 🚅 advantagebarrow





come and join us!

Discover more of your local area, meet new people and enjoy being outdoors



Mondays

Living Well Centre Walks

Every Monday morning, meet at 10:30am at the Living Well Centre, Duke Street, Barrow-in-Furness.

Short walks on pavements and paths around Hindpool, Channelside and the reservoir.

Please call to book a place.

Contact: Anne on 01229 444407

Wednesdays

Walney Shoreline Walks

Every Wednesday morning, meet at 10:25am at The Round House, Biggar Bank Road, Walney

Contact: Richard on 01229 587085

Thursdays

Barrow Park Walk

Every Thursday morning, meet at 10.30am at Life Leisure Centre Foyer, Greengate Street

With Raymond

Fridays

Hawcoat Park

Every Friday morning, meet at 9.30am at Hawcoat Park Sports Club.

2-3 miles moderate walk

With 'Advantage! Barrow Raiders Community Foundation'

> To find out more, advantage@barrowrifc.com







Supported through funding from players of People's Postcode Lottery

Why not join HAWCs for a Healthy Walk Meet at Life Leisure/ Front Door Barrow Park Tuesdays 1pm Bring your own refreshments

Barrow Leisure Centre



Rampside Village Hall:

 \underline{Yoga} starting Thurs 7th July 10.45am to 11.45am and 5.30pm to 6.30pm - contact Margaret 07751874225

Table Tennis

Ladies: Wednesdays 10.30am to 12pm

Gents: Thursdays 1.30pm to 2.30pm

Online activities

Sport England	www.sportengland.org
	www.nbs.uk/livo.woll/oversico/free
NHS	www.nhs.uk/live-well/exercise/free- fitness-ideas/
Joe Wicks The Body Coach	www.youtube.com/user/thebodycoac h1
Mr Motivator	www.youtube.com/user/mrmotivatort v
NHS	www.nhs.uk/10-minute-shake- up/shake-ups
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