

## **Everyone Health Bracknell Forest Tier 1 Physical Activity/Exercise**

Please see in the table below a few examples of the current physical activity and exercise opportunities available within the Bracknell Forest Area.

For the full map of physical activity and exercise opportunities within the Bracknell Forest Area please see the following link: <https://health.bracknell-forest.gov.uk/online-services/community-map/>

Name	Session Details	Address	Contact
Age UK Seated Yoga	Gentle and relaxing chair based yoga class. Every Monday, 1.30pm - 2.30pm at. First session FREE (£3 per session thereafter) with refreshments provided. No need to book - just turn up!	Great Hollands Community Centre The Square Bracknell RG12 8UX	Telephone: 01189 594242 E-mail <a href="mailto:info@ageukberkshire.org.uk">info@ageukberkshire.org.uk</a> Website <a href="https://www.ageuk.org.uk/">https://www.ageuk.org.uk/</a>
Fit for All Seated Exercise at.	Gentle movement in a supported and beginner friendly environment. Every Monday, 10 – 11am. First session FREE (£3 per session thereafter) with refreshments provided	Coopers Hill Youth and Community Centre	Sign up via the Fit for All registration form.
Age UK Tai Chi	Gentle exercises to improve balance, coordination and muscle strength. Every Tuesday, 11am – 12noon First session FREE (£5 per session thereafter) with refreshments provided.	Great Hollands Community Centre The Square Bracknell RG12 8UX	Age UK Berkshire on 0118 959 4242 Email <a href="mailto:info@ageukberkshire.org.uk">info@ageukberkshire.org.uk</a>
Fit for Life offer classes for the over 50's.	These include yoga, swimming, zumba, dance, badminton, short tennis, racquetball, squash, table tennis, keep fit, short mat bowls and splash fit.	Bracknell Leisure Centre	For more information call the leisure centre on 01344 454203 or visit the Everyone Active Bracknell website.

Outdoor activities within the Bracknell Forest Area	<a href="https://www.bracknell-forest.gov.uk/parks-and-countryside/outdoor-activities">https://www.bracknell-forest.gov.uk/parks-and-countryside/outdoor-activities</a>		
Everyone Active Bracknell Forest Lesuire Cente	<a href="https://www.everyoneactive.com/centre/bracknell-leisure-centre/">https://www.everyoneactive.com/centre/bracknell-leisure-centre/</a>	Bracknell Leisure Centre Bagshot Road, Bracknell, RG12 9SE	Phone: 01344 454203
Downshire Golf Complex		Easthampstead Park, Wokingham, RG40 3DH	Phone: 01344 302030