

Working together to Get Oxfordshire Active



**December
2012**

Become an "active" Volunteer

Set up and lead a running group in your workplace!

Sign up for a FREE Leadership in Running Fitness Course:

Sunday 20 January, Blackbird Leys Leisure Centre, Oxford

To book your place contact daniel.barber@southandvale.gov.uk / 01491 823128

Tai Chi taster - FREE

Didcot Leisure Centre

Monday 14 January 2013

9.30 – 10.30 am

To book your place contact:

daniel.barber@southandvale.gov.uk / 01491 823128

12 Week Tai Chi Course - £48

Canon's Room, St Helen's Church, Benson

Next Course starting 18 January 2013

Fridays 10 – 11 am

To book your place call 01491 823128

Regular NEW Tai Chi Class

Henley Leisure Centre

Thursdays 8.50 – 9.50 am

Free to Centre members, £4.90 for pay as you go members, £7 for non members

Contact Dan on 01491 823128

Shape up with Pilates - £8 per class

8 Week Course for Beginners

Sandford-on-Thames Village Hall

Mondays 15 October – 19 November

7 – 8 pm

8.15 – 9.15 pm

Block bookings only - £8 per class

To book, contact Hendriette on

07880 803121/ hen3het@me.com

Rush Hockey 6 Week Course – FREE

Outdoor 4 or 5 a side games!

Lord Williams School Astro Turf

Wednesday 23 January

6 – 7 pm

Contact Dan on 01491 823128

Basketball for women – perfect for beginners

Park Sports Centre

6 Week Course

Starts Friday 18 January 7 – 7.40 pm

To book, contact Dan on 01491 823128

Health Walks - Free

Get back into exercise the gentle way.
To find out more details, please contact
the Health Walk Leaders or visit:
www.walkingforhealth.org.uk

Wheatley:

Frances Fielding – 01865 436211

Benson and Chalgrove:

Margaret Wiggall – 01865 890730

Didcot:

Robin McStay – 01235 835358

Goring:

Bernard Novell – 01491 873092

www.goringgapwalks.com

Sonning Common:

Chris Brook – 0118 9242515

www.sonningcommonhealthwalks.co.uk

Henley on Thames:

Laura Howard – 07787 445108

www.henleyhealthwalks.co.uk

ZUMBA

Sonning Common Primary School - £4

Mondays 7.45 - 8.45pm

Thursdays 7.30 - 8.30pm

Contact Claire 07506 114767

ZUMBA GOLD - £5

Woodcote Village Hall

Wednesdays 9.45 – 10.30 am

Goring Village Hall

Friday 9.45 – 10.30 am

Contact Daniela Capasso on 07900
307520

Next Monthly Nordic Walks

Our monthly walks are free to all who
have completed a "Learn to Nordic Walk"
course

Nettlebed

12 January – Contact Hendriette

01491 823175 /

hendriette.thorn@southandvale.gov.uk

Upton / Blewbury Area

24 November – Contact Mike Collins

Mcollins64@btinternet.com

Social Netball Sessions - £3.50

- Bring a friend and get one session free!

Henley Leisure Centre: Sun 6-7 pm

Abbey Sports Centre: Mon 8-9 pm

Nettlebed Primary School: Mon 7.30-
8.30 pm

Didcot Leisure Centre: Tues 8–9 pm

For more information contact

Lil.Roe@englandnetball.co.uk /

07540 126596

Regular Just Jog Groups

Benson Village Hall

- Saturdays 8.30 am

Contact Julia at

benstriders@gmail.com

Park Sports Centre, Wheatley

- Wednesdays 7.30 pm
- Fridays 9 am
- Sundays 8 am – longer run

Contact Helen on 01491 823175

Didcot Wave Leisure Centre

- Mondays 7 pm – 4-5 miles at steady pace, good for beginners
- Tuesdays 7 pm – 5-6 miles, good for intermediate joggers

Contact Annette at

annetteabarnes@aol.com

Willowbrook Leisure Centre, Didcot

- Wednesdays 7–8 pm (Starts 26 Sep)

Contact Rita at

didcotjogging@googlemail.com

FITMUMS jog group in Garsington

- Tuesdays 8pm

Contact Marlies on 07776 146290

Henley River & Rowing Museum - £3

- Tuesdays 7.15pm

Contact Laura on 07787 445108

The Club at Mapledurham

- Mondays 9.30 am
- Tuesdays 7 pm
- Saturdays 10 am

Contact Caroline on 07557 005595