

## The health benefits of exercise

- ★ Helps to improve your mood
- ★ Help with weight loss / maintenance
- ★ Help you to sleep better
- ★ Help to reduce blood pressure
- ★ Help to prevent or manage diabetes
- ★ Help to increase mobility and muscle strength
- ★ Reduce some of the risk factors involved in accidental falls
- ★ Help with osteoporosis
- ★ Help with arthritis
- ★ An ideal opportunity to meet new friends

## Activities available include:

**T'ai Chi:** Based on the healing, meditative and martial traditions of China these sessions focus on posture, breathing and movement to develop individual exercises and flowing sequences that can be practised at home.

**Fitness Pilates:** This class focuses on strengthening weak areas and stretching tight muscles, enhancing good posture and correct body alignment. Pilates focuses on core stability (abdominals and back) in order to support the spine and the way we move.

**Aqua Aerobics:** Using the natural resistance of the water, this provides a workout for people of all fitness levels. Participants do not have to be able to swim.

**Body Conditioning:** Exercises to music, which aim to improve fitness, flexibility and strength. An all round total body workout. All abilities welcome.

**Circuits:** A variety of different exercises, which will give you a total body workout. Exercises can be adapted to suit all abilities.

**Tenpin Bowling:** You will be bowled over with this fun session for all abilities. Alley Cats will be at hand to offer advice and help with the scoring.

**Over 50's Swimming:** Suitable for people who want to swim lengths as well as for those who want a relaxing swim.

**Tennis and Badminton:** Enjoy taking part in these racquet sports in a relaxed environment. Equipment is provided for the session.

**Golf Lessons:** Participants have the opportunity to have a golf lesson followed by a round of golf putting into practice the skills learnt.

**Bowls and Badminton:** An informal session, just turn up and play.

**Mighty Movers:** Please contact Carrie Holbrook on 01223 415151 for further details

**Tennis Lessons:** A lesson led by a qualified coach from Cambridge Lawn Tennis Club encompassing fun practices and games.

**Volley Ball:** All abilities welcome, these sessions will include fun practices and mini games.

## Contact Details

Cambridge City Council is committed to providing a wide range of activities within the City suitable for adults over the age of 50 or those returning to a more active lifestyle.

If you have any suggestions as to activities which you would like to see provided in the City please do not hesitate to contact the Sports Development Team on 01223 457535.

For further information with regard to the physical activity opportunities for adults over the age of 50 or those returning to a more active lifestyle please contact Helen Johnston, Sports Development Officer on 01223 457535 or email: [helen.johnston@cambridge.gov.uk](mailto:helen.johnston@cambridge.gov.uk)



FOREVER

# Active

January - June 2006



Exercise sessions for the over 50 age group and those returning to a more active lifestyle

# FOREVER Active

Become a member of the **Forever Active** sessions and enjoy the benefits of an active lifestyle!

**Forever Active** exercise sessions are suitable for the over 50-age group as well as for people who want to return to a more active lifestyle. There are a variety of different sessions on offer, which cater for a wide range of abilities.

The sessions are organised by Cambridge City Council's Sports Development Team.

## How much exercise should you do to benefit your health?

It is recommended that adults take part in 30 minutes of moderate intensity exercise five days a week!

## Please note

We suggest that you wear comfortable clothing and footwear for all Forever Active sessions. Participants are also advised to bring a bottle of water to sip during the exercise to avoid dehydration.

You will be required to complete a short medical form prior to the first exercise session.

Occasionally sessions may have to be cancelled due to unforeseen circumstances.

## Chair based exercise classes

These sessions take place predominantly seated but may involve some supported standing. They are recommended for adults with mobility problems.

### Level 1

Predominantly chair based

### Level 2

Low intensity with some supported standing

### Level 3

Moderate intensity with a mix of seated and standing.

The cost of the sessions is £1.50 unless otherwise stated

## MONDAYS:

### Dunston Court, Wulfston Way

Time: 2.00pm – 3.00pm  
Level: 2

### Browns' Field Community Centre

Time: 1.30pm – 2.30pm, starting 23rd January  
Level: 1/2

**Notes:** Access is via Green End Road or Kendal Way. There is only limited parking at this site.

There is parking available down Nuffield Road, which is a 10-minute walk away.

## TUESDAYS:

### Alexwood Hall, Norfolk Street

Time: 11.00am – 12.00noon  
Level: 1

### Meadow's Community Centre, St Catherine's Road

Time: 1.15pm – 2.15pm  
Level: 2/3

## WEDNESDAY:

### Litchfield Hall

Litchfield Road  
Time: 11.00am – 12.00noon  
Level: 1/2

### Buchan Street

Time: 2.30pm – 3.30pm  
Level: 1/2

**Notes:** This session will be moved to the Meadow's Community Centre, St Catherine's Road from January 06 – March 06

### Alexwood Hall, Norfolk Street

T'ai Chi Class  
Time: 10.00am – 11.00am  
Level: 1

## THURSDAYS:

### Salvation Army Hall, Mill Road

Time: 10.00am – 11.15am  
Level: 2

## Hills Road Sports Centre

### T'ai Chi Class

Time: 11.15am – 12.15noon  
Level: 2/3

### Litchfield Hall, Litchfield Road

T'ai Chi Class  
Time: 11.30am – 12.30noon  
Level: 1

## FRIDAYS:

### Trumpington Village Hall, Trumpington Road

Time: 10.30am – 11.30am  
Level: 2/3

### Cherry Hinton Village Centre, Colville Road

Time: 12.15noon – 1.15pm  
Level: 3

### Church of the Good Shepherd, Mansel Way

T'ai Chi Class  
Time: 2.00pm – 3.00pm starting 13th January  
Level: 1

### Wesley Church, Christ's Pieces

Time: 1.30pm – 2.30pm starting 3rd February  
Level: 1/2  
Cost: £2.00

## Activities for the active 50+

These sessions are recommended for adults aged 50+ or those returning to a more active lifestyle.

## MONDAYS:

### Over 50's Swimming

Venue: Chesterton Sports Centre, Gilbert Road  
Time: 10.30am – 12.00noon  
Cost: £1.65

### Body Conditioning\*

For all abilities  
Venue: Chesterton Sports Centre, Gilbert Road  
Time: 3.30pm – 4.30pm starting 30th January  
Cost: £2.00 per session

## TUESDAYS:

### Tennis and Badminton\*\*

Venue: Next Generation Coldhams Lane  
Time: 11.00am – 12.00noon  
Cost: £1.50

### Fitness Pilates\*

Venue: Chesterton Sports Centre, Gilbert Road  
Time: 11.00am – 12.00noon  
Cost: £2.00

### Tenpin Bowling\*\*

Venue: Cambridge Leisure Park  
Time: 2.00pm – 3.00pm starting Tuesday 24th January  
Cost: £2.50 per game including shoe hire and a free drink. Discounted parking.

## WEDNESDAYS:

### Over 50's Swimming\*

Venue: Chesterton Sports Centre, Gilbert Road  
Time: 2.00pm – 3.30pm  
Cost: £1.65

### Body Conditioning

For all abilities  
Venue: St Luke's Barn, French's Rd starting 18th January  
Time: 9.30am – 10.30am  
Cost: £2.00

### Circuits\*\*

Venue: Meadow's Community Centre, St Catherine's Road starting 1st February  
Time: 11.30am – 12.30noon  
Cost: £2.00 per session

### Body Conditioning\*

For all abilities  
Venue: Chesterton Sports Centre, Gilbert Road  
Time: 6.00pm – 7.00pm starting 18th January  
Cost: £2.00 per session

### Golf Lessons\*\*

Followed by a round of golf. All abilities welcome  
Venue: Cambridge Lakes Golf Club  
Time: 10.00am – 12.00 noon starting 25th January  
Cost: Under 60's: £6.00 per session. Over 60's: £5.00 per session. Hire of four golf clubs and three balls: £1.00

## THURSDAYS:

### Bowls and Badminton\*

Venue: Chesterton Sports Centre, Gilbert Road  
Time: 12.30noon – 2.00pm  
Cost: £1.50

### Aqua Aerobics\*

Venue: Chesterton Sports Centre, Gilbert Road  
Time: 10.00am – 11.00am  
Cost: £2.00

### Table Tennis\*\*

Venue: Kelsey Kerridge starting 2nd February  
Time: 2.00pm – 3.00pm  
Cost: £2.00 incl. equipment hire

### Fitness Pilates

Venue: Browns' Field Community Centre starting 2nd February  
Time: 2.30pm – 3.30pm  
Cost: £2.00  
**Notes:** Access via Green End Road or Kendal Way. There is limited parking at this site. There is parking available down Nuffield Road, which is a 10-minute walk away.

## FRIDAYS:

### Mighty Movers\*\*

Venue: Meadows Centre, St Catherine's Street  
Time: 12.00noon – 1.00pm  
Cost: £2.70

## Tennis Lessons

For all abilities  
Venue: Cambridge Lawn Tennis Club, Wilberforce Road  
Time: 10.30am – 12.00noon  
Cost: £2.00 per session  
**Notes:** In the event of bad weather contact Steve Goswell on [steve@cltc.com](mailto:steve@cltc.com) to find out if the session will be running.

## Body Conditioning\*\*

For all abilities  
Venue: Abbey Pool site, Whitehill Road  
Time: 11.00am – 12.00noon starting 3rd February  
Cost: £2.00 per session

## SATURDAYS:

### Volley Ball

Venue: St Luke's Barn  
Time: 3.30pm - 4.30pm starting 28th January  
Cost: £2.00 per session

\* These sessions have been organised in partnership with Chesterton Sports Centre. A FREE tea or coffee is provided after these sessions in the café area.

\*\*These venues have a café facility where participants can purchase tea, coffee or other refreshments after the sessions.