

FOREVER

# Active

September – December 2011



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

[www.forever-active.org.uk](http://www.forever-active.org.uk)

# FOREVER Active

Take part in Forever Active sessions and enjoy the benefits of an active lifestyle!

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

Forever Active is now introducing sessions in South Cambridgeshire. You'll find some new sessions in the district listed in this edition of the brochure.

## Contact us

Helen Robbins,  
Forever Active Coordinator  
on 01223 457532 or e-mail:  
helen.robbs@cambridge.gov.uk  
[www.forever-active.org.uk](http://www.forever-active.org.uk)

A big thank you to all the organisations who support the Forever Active Scheme. Further details on grants and funding received can be found on the website: [www.forever-active.org.uk](http://www.forever-active.org.uk)



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## Why should I exercise?

### The health benefits of exercise

- ★ Helps to improve your mood
- ★ Helps with weight loss and maintenance
- ★ Helps you to sleep better
- ★ Helps to reduce high blood pressure
- ★ Helps to prevent or manage diabetes
- ★ Helps to increase mobility and strength
- ★ Reduces some risks associated with accidental falls
- ★ Helps to improve balance
- ★ Helps with osteoporosis by developing bone density
- ★ Helps with arthritis
- ★ An ideal opportunity to meet new friends

### How much should I be doing?

For general health benefits, adults of all ages should do at least 30 minutes of moderate activity a day on at least five days a week.

'Moderate' means any activity that leaves you feeling warm and breathing more heavily than usual. You don't have to be out of breath or work up a sweat. Activities that improve strength, co-ordination and balance are particularly beneficial as we get older.

### Why 30 minutes?

Any increase in activity is good, but research shows that 30 minutes on five or more days a week is the amount needed to keep the lungs, heart, muscles and bones in good working order. You can split time into three or four sessions.

**We'd like to hear from you**  
If you are a resident of Cambs City or South Cambs and would like a new 50+ activity class setting up in your area, please let us know.



### Specific recommendations for the 50+ age group:

The American College of Sports Science recommends that, in addition to moderate intensity aerobic activity, as we get older, exercises to help improve our strength and balance are extremely beneficial to our health and well being.

It is recommended that muscle strengthening is performed on at least two days of the week and should work all major muscle groups including the legs, hips, back, abdomen, chest, shoulders and arms. Exercises for each muscle group should be repeated 8 – 12 times per set. As the exercises become easier increase the weight or do another set.

Exercises should be performed to the point at which it is difficult to do another repetition.

Types of muscle strengthening exercises include:

- ✱ Exercises using bands, weight machines, hand held weights.
- ✱ Callisthenic exercises (body weight provides resistance to movement).

These types of exercise will be worked on in Forever Active classes and can also be achieved during everyday activities – for example digging, lifting and carrying as part of gardening.

It is recommended that balance exercises are practiced on at least three days per week to reduce the risk of falls as we get older. Exercises will help to maintain and improve balance.

Balance exercises include:

- ✱ Backward walking
- ✱ Sideways walking
- ✱ Heel walking
- ✱ Toe walking
- ✱ Standing from a sitting position.

Balance exercises are practiced within Forever Active classes.

The Exercise Guidebook and DVD sold by the Forever Active Forum includes strength and balance exercises you can do at home in addition to the Forever Active classes you attend (see page 7).

### What's stopping you?

#### "I don't have the time!"

Make physical activity your priority and plan some time every day, even if it's just a few minutes

#### "I'm too tired"

Once you start being more active, you will have more energy and feel less tired and more relaxed.

#### "I'm getting too old"

You're never too old to make a start and you may feel the benefits sooner than you think!

#### "I have no one to do it with"

If you join one of the classes you'll meet new people to exercise with.

#### "I've never been the sporty type"

You don't need to be sporty - there are many other activities like exercise classes and walking.

#### "I might injure myself"

Start slowly and work at your own pace. There is no need to over do it. It is unlikely you will get injured by moderate intensity activity.

#### "My health isn't good enough"

Physical activity can help with most health conditions. See below.

#### Please Note:

You are strongly advised to consult with your doctor prior to taking part in any new physical activity programme, especially if you have a medical condition. Participants take part in the activity organised by the Forever Active scheme at their own risk. It is the participants responsibility to inform the Instructor of any health changes.

## Award Winners!

Forever Active was awarded with the 'Power of Sport Award' at the 2010 Living Sport, Celebration of Sport awards evening. The award was for Forever Active's contribution to providing exercise and sporting opportunities for the 50+ age group in the City.



Forever Active Coordinator Helen Robbins, Jenny Hays, administrator for Forever Active, Juliet Moynan, Forever Active Volunteer Coordinator and Simon Hannah, Exercise specialist for the Falls Prevention service, collecting the award.

## Exercise Referral Schemes in Cambridge City and South Cambs

Exercise Referral schemes provide tailor made exercise programmes for individuals who have a medical condition, disease or disability such as arthritis, osteoporosis, back pain, diabetes or coronary heart disease. To use the scheme you must be referred by a Health Professional (e.g. your GP, practise nurse, physiotherapist, occupational therapist or dietician).

Start Up and ExSite are the exercise referral schemes, which take place in the City and Fitness 4 Health in South Cambs. Sessions within this leaflet, which are most suitable for exercise referral clients, are marked with 'Ex Ref'

#### For enquiries about Start Up and ExSite

Please contact Cambridge City Sports Development on 01223 457000

#### For enquiries about Fitness 4 Health

Please contact South Cambs Sports Development on 01954 212042

start-up

EXSite

FITNESS 4 HEALTH

## Preparing for your session

### What to wear?

**Suitable clothing:** you don't have to wear a tracksuit, but loose, comfortable clothing is required. Jeans and skirts are usually only suitable for chair based classes.

**Suitable footwear:** trainers are ideal (especially for the sports sessions and exercise to music classes). Alternatively wear any well fitting, soft shoes.

**For ladies** we recommend a sports or other fully supportive bra for maximum support and comfort. For water-based classes wear an old bra under your swimsuit. This ensures support in the water to prevent tissue damage and help prevent back pain. (NB the bra may become discoloured.)

### What to bring with you?

**A drink:** water, or fruit squash or juice for diabetics

**A towel:** bring a small towel in case of perspiration.

**A light snack** recommended for diabetics in case of low sugar levels.

**Inhalers:** asthmatics should bring inhalers in case of an emergency.

**GTN sprays:** participants with angina should bring these to all sessions in case of an emergency.

**Money:** don't forget your fee or pass!

### Other points to consider:

Don't eat anything for at least one hour before exercise.

**Refuel and rehydrate:** replenish your body with a healthy snack and drink plenty of water afterwards.

It is common to experience delayed muscle soreness for a day or two after exercise. Perform some light stretches and keep active to alleviate soreness.

### Paperwork for the session:

You will be required to complete a medical form to return to your instructor. They will keep a copy and send another to the Forever Active Coordinator (so we have your details in the event of a class cancellation). All information will remain strictly confidential, but would be given to a medical professional in the event of an emergency. You will also be asked to sign the class register.

## Falls Prevention

The local Falls Prevention Service in Cambridge City and South Cambridgeshire encourages healthy, active ageing, whether you're fit and active, have mobility problems, or are worried about falling. It offers both practical advice and exercise resources that help maintain independence.

Contact Simon Hanna 01223 885070

## Other Information

### Booking your session

For many sessions it is possible to just turn up and join in. However, due to the limited spaces available on some sessions these must be booked in advance. These sessions are marked **B** in the leaflet.

### Cancellation

Occasionally sessions may have to be cancelled due to unforeseen circumstances or low numbers. Where possible we will try to contact you to inform you of such a cancellation.

If you are planning to attend a session for the first time we recommend that you contact the Forever Active Coordinator on 01223 457532 to confirm the details of the class.

If you cannot attend a session you have booked for, please let us know at least 24 hours in advance, otherwise you will still be liable to pay the fee (unless due to illness).

### Equipment you can purchase

Resistance bands are used in many sessions including chair based exercise, exercise to music and pilates classes. You may purchase your own resistance band from us. They come in pink, purple and green depending on strength (ask your instructor what's best for you).

We have also produced guidebooks for chair-based participants and for the more active 50+ exercises – very useful if you want to practice at home.

**Resistance Bands:** £3.00 each

**Exercise Guidebook:** £5.00

**Forever Active Stress Ball:** £3.50

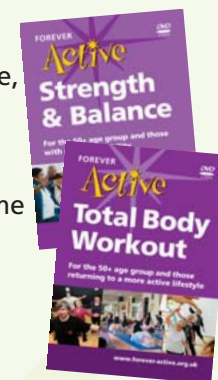
**Forever Active polo shirts:** £12.99

These excellent quality polo shirts come in raspberry pink or black. The Forever Active logo is embroidered on the chest in the Forever Active colours and 'Forever Active' written across the shoulder blades in black or pink.

Ladies sizes are available from size 8 – size 18. Men's sizes are available from size S to size 3XL.

### NEW Forever Active DVDs

Two home-based exercise DVDs are available to purchase, both designed by exercise specialists working on the Forever Active scheme to ensure they are suitable for the 50+ age group or those returning to a more active lifestyle.



See page 22 for more information.

Contact Helen on 01223 457532 for more details or for an order form.



### Cambridge City Class Passes

These passes can be used for any of the Cambridge City classes within the mobility section and most of the Cambridge City classes within the Active 50+ section, with the exception of classes at Chesterton Sports Centre. These passes cannot currently be used for sessions taking place within South Cambridgeshire. Only Forever Active members may purchase passes.

#### Passes for Mobility classes:

12 sessions pass for £25

#### Passes for Active 50+ classes:

12 sessions pass for £30 (excludes classes at Chesterton Sports Centre)

Please note: the 12-session pass must be used within 3 months of being purchased. You must be a Forever Active member to purchase a pass.

Please send a cheque for the amount to the 'Forever Active Forum' with a covering note as to which class pass you would like. Your pass will then be sent to you in the post.

### Membership

Participants who become members will receive the benefits highlighted below. The scheme is also open to non-members.

#### Membership costs:

£12.50 for the year (year runs from 1st Sept to 31st August - cost reduced to £7.50 if joining after 1st March). Please see the back of the brochure for a membership form.

Please note: Forever Active remains a non profit making organisation most sessions are funded by external grants and fundraising. Membership fees will help to support existing sessions and to further develop the scheme.

#### Membership benefits:

- Priority booking for classes at Chesterton: book up to 7 days in advance (non-members 5 days).
- Reduced fees on selected sessions.
- Full membership of the Forever Active Forum: you will receive agendas and minutes and can attend and vote at meetings.

- Able to purchase class passes (see above for more details).

Please see the Membership Form at the back of this brochure, or call the Sports Development Team on 01223 457532. All members will be issued with a Forever Active membership card.

### Comments & complaints

We welcome feedback, as this can help us to improve the scheme.

To make a comment or complaint please contact the Forever Active Coordinator by telephone, letter or email or you are welcome to attend the Forever Active Forum.

### Forever Active Staff

**Exercise instructors** are all qualified up to a minimum of Level 2 on the Register of Exercise Professionals and, in addition, have attended over 50s training workshops which focus on training staff about safe and effective exercises for the over 50 age group.

The sessions in the programme which have a Start-up logo next to them are led by an instructor who has completed the Exercise Referral qualification to Level 3.

**Sports Coaches** all have a National Governing Body coaching qualification in their particular sport.

## The Forever Active Forum

If you would like to have a say on the type of exercise sessions available in Cambridge for the over 50's then come along to our Forum. Meetings are held twice a year. The aims of the Forum are:

- ★ To provide a broad range of exercise and sporting opportunities for local residents aged 50+ as part of the Forever Active Scheme.
- ★ To fundraise to support the work of the group.
- ★ To provide members with the opportunity to give feedback and suggestions related to the scheme
- ★ To promote the organisation within the local community.
- ★ To identify and provide training for Instructors and staff.
- ★ To link with key partners to develop physical activity for over 50's.
- ★ To identify and address access issues to facilities and activities.
- ★ To ensure that all members receive fair and equal treatment

Full members receive agendas, minutes and up to date project information. If you would prefer just to receive information about events and activities you can register as an associate member.

To register as a member, to see minutes of previous meetings or a copy of the Forum's constitution, please contact Helen on 01223 457532.



# A key to the classes

## Level 1 – Chair-based

These sessions are all seated with no standing exercises. These sessions usually take place within sheltered housing schemes or care homes.

## Level 2 – Chair-based +

Predominantly seated, but will include some optional standing exercises.

See pages 10-11

## Level 3 – Strength & Balance

Mainly strength and balance exercises (ALL Otago evidence-based exercises). Some seated strength work may be included.

See pages 10-11

**Level 4 – Strength & Balance +** A mixture of seated, standing and floor-based exercises.

See pages 10-11

**Level 5 – Active 50+ sessions** For the more active person.

See pages 12-19

## Exercise referral classes **ExRef**

Classes with this symbol are led by an instructor qualified to Level 3 on the Register of Exercise Professionals and are recommended for people on an Exercise Referral Scheme.

## Colour coding

### Cambridge City classes

Classes in this colour take place within Cambridge City.

### South Cambs classes

Classes in this colour take place within South Cambridgeshire.

For advice as to which class would be suitable for you please call Helen Robbins on 01223 457532

## Mobility Classes

Level 2–4 or equivalent classes for those with mobility problems.

Sessions cost £2.50 for Forever Active Members and £3.00 for non-members.

### MONDAYS:

#### Strength & Balance (Level 3)

Venue: St Andrews Glebe,  
282 Coldhams Lane

Time: 2.15pm – 3.15pm **ExRef**

#### Strength & Balance (Level 3/4)

Venue: Arbury Community Centre

Time: 1.30pm – 2.30pm

### TUESDAYS:

#### Chair-based + (Level 2)

Venue: Barnwell Baptist Church,  
Howard Road

Time: 10.00am – 11.00am

#### Chair-based + (Level 2)

Venue: Lammas Court, Granchester St.

Time: 11.15am – 12.15am **ExRef**

#### Chair-based + (Level 2)

Venue: Willow Bank, Logans Way,  
Chesterton

Time: 2.00pm – 3.00pm **ExRef**

#### Strength & Balance (Level 3)

Venue: St Mark's Church, Newham

Time: 11.30am – 12.30pm

#### Strength & Balance + (Level 4/5)

Venue: Meadows Community Centre,  
St Catharine's Road

Time: 12.15pm – 1.15pm **ExRef**

### WEDNESDAYS:

#### Chair-based + (Level 2)

Venue: Litchfield Hall, Litchfield Road

Time: 11.00am – 12.00noon

Notes: Class starts on 2nd September

#### Strength & Balance (Level 3/4)

Venue: Petersfield Active Ageing Group  
St Matthew's Church Hall

Time: 11.00am – 12.00noon

#### Strength & Balance (Level 3)

Venue: Castle Street Methodist Church  
(Car Park in St Peter's Street)

Time: 12.00noon – 1.00pm

**NEW:** Class starts on 7 September

#### Strength & Balance (Level 3)

Venue: Meadows Community Centre,  
St Catharine's Road

Time: 1.30pm – 2.30pm

### THURSDAYS:

#### T'ai Chi Class

Venue: Litchfield Hall, Litchfield Road

Time: 11.30am – 12.30am

Notes: mainly seated T'ai Chi exercises with some optional standing.

#### Strength & Balance + (Level 4)

Venue: Hills Road Sports Centre

Time: 11.15am – 12.15noon **ExRef**

#### Chair-based + (Level 2)

Venue: St Paul's Centre, Hills Road

Time: 11.00am – 12.00noon

### FRIDAYS:

#### Strength & Balance (Level 3)

Venue: Dry Drayton Village Hall

Time: 10.00am – 11.00am

Contact: Clare Strongman 01954 231806

#### Strength & Balance (Level 3)

Venue: Trumpington Village Hall

Time: 10.30am – 11.30am

#### Strength & Balance (Level 3)

Venue: Cherry Hinton Village Centre,  
Colville Road

Time: 12.15noon – 1.15pm

#### Chair-based + (Level 2)

Venue: Meadows Community Centre  
St Catharine's Road

Time: 1.00pm – 2.00pm **ExRef**

#### T'ai Chi Class

Venue: Church of the Good Shepherd,  
Mansel Way

Time: 2.00pm – 3.00pm

Notes: This class is a mixture of seated and standing T'ai Chi exercises.

## Mobility Circuit Class

These classes focus on improving the skills needed in order to carry out day-to-day activities more easily.

The sessions would suit individuals who have mobility, respiratory, neurological and cardiac problems, and are suitable for wheelchair users or those heavily reliant on a walking aid. They consist of a chair-based warm up and cool down and a main circuit-style exercise section.

To access the Mobility Circuit class you must be referred by a Health Professional.


If you're interested in attending one of these sessions contact the Start Up scheme on 01223 457532 for further information.


## Activities for the active 50+


These level 5 classes are recommended for adults who would like a more active, standing and floor based exercise session.

Don't forget Forever Active members are able to purchase a 12-session pass at a discount rate equivalent to just £2.50 a session (not valid for classes at Chesterton or in South Cambs).

### Key to Symbols

 FREE tea, coffee or other refreshment provided after the class.

 Venue has a café where participants can purchase refreshments.

 Booking is essential

### Colour coding

#### Cambridge City classes

Classes in this colour take place within Cambridge City.

#### South Cambs classes

Classes in this colour take place within South Cambridgeshire.



### MONDAYS:

#### Archery

A first for Forever Active, these sessions are led by an Archery coach and are ideal for all abilities – even complete beginners! Great for hand, eye coordination (especially important, as we get older) and for upper body strength and toning.

**Venue:** Kelsey Kerridge Sports Centre

**Time:** 11.00am – 12.00noon

**NEW:** Two four-week blocks:  
26th September – 17th October  
14th November – 5th December

**Cost:** £12 member; £15 non-member per four-week block.

**To book:** Booking is essential (only 12 places per session) call 01223 457532. To get the most from the classes it is best to attend a full four-week block, although single sessions can be booked (£3.50 member; £4 non-member).

#### Rowing

All abilities. Begin on land with rowing machines, then take to the water! Exercise and enjoy fresh air and river scenery. Tea and coffee available afterwards.

**Venue:** Lady Margaret Boat Club (access via Victoria Ave or Trafalgar Rd)

**Time:** 11.30am – 1.30pm

**Cost:** £4.00 (plus £1 annual club membership fee due at the first session to cover insurance)

**Notes:** Run by Camrowers rowing club

**To book:** There's a waiting list for this popular session – call Kate Merrington on 01223 363386 to get on the list – you'll be contacted when a space is free.

#### Aqua Aerobics

A workout for people of all fitness levels using the natural resistance of the water. You do not need to be able to swim.

**Venue:** Chesterton Sports Centre, Gilbert Road, Cambridge

**Time:** 2.30pm – 3.15pm

**Cost:** £3 member; £3.50 non-member

**NEW:** To book contact Chesterton Sports Centre on 01223 576110

#### 50+ Circuits

**Venue:** Dry Drayton Village Hall

**Time:** 10.00am – 11.00am

**Contact:** For further information contact Clare Strongman on 01954 231806

#### Pilates **ExRef**

Strengthens weak areas and stretches tight muscles, enhancing good posture and correct body alignment. Focuses on core stability (abdominals and back) to support the spine and the way we move.

**Venue:** Chesterton Sports Centre, Gilbert Road, Cambridge

**Time:** Beginners: 12.00noon – 1.00pm  
Advanced: 1.00pm – 2.00pm  
Improvers: 2.00pm – 3.00pm

**Cost:** £3 member; £3.50 non-member

**To book:** Contact Chesterton Sports Centre on 01223 576110



#### Pilates

**Venue:** Trumpington Pavilion (west side of King George V Playing Field at junction of Anstey Way, Paget Rd and Foster Rd)

**Time:** 11.15am – 12.15pm

**Cost:** £3 member; £3.50 non-member (pay instructor, not at reception)

#### Exercise to Music

#### **ExRef**

An all-round, total body workout to improve fitness, coordination, strength and flexibility.

**Venue:** Chesterton Sports Centre

**Time:** 3.15pm – 4.15pm

**Cost:** £3 member; £3.50 non-member

### TUESDAYS:

#### Yoga

Relax body and mind, strengthen your back, improve your flexibility and enjoy a feeling of well-being through Hatha Yoga. Suitable for all and ideal for people suffering or recovering from bad backs, stiff hips or overall low flexibility.

**Venue:** Trumpington Village Hall

**Time:** 10.00am – 11.00am

**Cost:** £3 member; £3.50 non-member

## TUESDAYS (continued):

**Exercise to Music**  **ExRef**

See Monday's class for details.

**Venue:** Kelsey Kerridge Sports Centre

**Time:** 10.00am – 11.00am

**Cost:** £3 member; £3.50 non-member  
(pay instructor, not at reception)

**Exercise to Music** **ExRef**

See Monday's class for details.

**Venue:** Cherry Hinton Village Centre,  
Colville Road

**Time:** 9:45am – 10.45am (NEW TIME)

**Cost:** £3 member; £3.50 non-member

**Notes:** For details contact Cherry Hinton  
Village Centre 01223 576412

**Pilates**  **B ExRef**

See Monday's class for details.

**Venue:** Chesterton Sports Centre,  
Gilbert Road, Cambridge

**Time:** Intermediate/advanced:  
11.00am – 12.00noon  
Beginners: 1.30pm – 2.30pm

**Cost:** £3 member; £3.50 non-member

**To book:** Contact Chesterton Sports  
Centre on 01223 576110

**Ten Pin Bowling** 

You will be bowled over with this  
fun session for all abilities. 'Alley  
cats' will be on hand to offer advice  
and help with scoring.

**Venue:** Cambridge Leisure Park

**Time:** 2.00pm – 3.00pm

**Cost:** £3.00 per game incl. shoe hire.  
Discounted parking available.

**Notes:** Term time only. Anyone aged  
50+ can play a game at Tenpin  
for £3, weekdays before 6.00pm.

## WEDNESDAYS:

**Zumba Gold** **B**

Zumba Gold is designed for people  
over the age of 50. This low impact  
class is easy to follow, Latin inspired  
dance fitness party to keep you in  
the groove of life!

**Venue:** Arbury Community Centre

**Time:** 5.45pm – 6.45pm

**Cost:** £3.50 member; £4 non-member

To book a place or for more information  
contact Marta on 07914 493352,  
email martapresent@gmail.com or visit  
www.zumbaincambridge.co.uk.

**Tennis and Badminton** 

Enjoy taking part in these racquet  
sports in a relaxed environment.  
Equipment is provided for the  
session. Sessions take place in term  
time only.

**Venue:** David Lloyd Health Club

**Time:** 10.00am – 12.00noon

**Cost:** £2.50 member; £3 non-member

**Notes:** A facilitator will be present  
10am-11am. Term time only.

**Exercise to Music**  **B**

All abilities - see Monday for details

**Venue:** Chesterton Sports Centre,  
Gilbert Road, Cambridge

**Time:** 10.30am – 11.30am

**Cost:** £3 member; £3.50 non-member

**Pilates** **ExRef**

See Monday's class for details.

**Venue:** Cherry Hinton Village Centre,  
Colville Road

**Time:** 12.00noon - 1.00pm

**Cost:** £3 member; £3.50 non-member

**Pilates**  **B ExRef**

See Monday's class for details.

**Venue:** Abbey Pool, Whitehill Road

**Time:** 10.45am – 11.45am

**Cost:** £3.00

**Swimming at Parkside** 

Facilitated session in the Dive Pool.

**Venue:** Cambridge Parkside Pools

**Time:** 2.00pm – 4.00pm

**Cost:** Leisure Card rates apply  
Meet in the café area before getting  
changed. A refundable £1 coin is  
required for the lockers. Leisure cards  
must be produced to be eligible for  
reduced rate entry.

**Golf** 

Unlimited rounds of golf.

All abilities welcome

**Venue:** Cambridge Lakes Golf Course

**Time:** 10.00am onwards

**Cost:** £6.50 per session, unlimited golf  
(including equipment hire)

**Notes:** Free coaching with Bob Barnes  
by arrangement. Contact Bob on  
01223 324242 to book.

**Over 50's Swimming** 

Suitable for people who want to  
swim lengths as well as for those  
who want a relaxing swim.

**Venue:** Chesterton Sports Centre,  
Gilbert Road, Cambridge

**Time:** 9.00am – 10.00am

**Cost:** £3.25 or £2.20 for the over 60  
age group

**Exercise to Music** **ExRef**

An evening class for people working  
in the day. See Monday's class for  
more details.

**Venue:** St Andrews Hall, Chesterton

**Time:** 6.00pm – 7.00pm

**Cost:** £3 member; £3.50 non-member

**Exercise to Music** 

See Monday's class for details.

**Venue:** The Leys Sports Centre

**Time:** 10.00am – 11.00am

**Cost:** £3 member; £3.50 non-member

**Notes:** Organised by the Leys Sports  
Centre as part of Forever Active

## Fitness Circuit Class

This class is designed for people who have a long-term medical condition such as COPD, a neurological, cardiac or musculoskeletal condition (e.g. recovery after a hip/ knee replacement).

These classes focus on improving fitness, strength, mobility and coordination and are suitable for people who need limited support and are able to stand unaided (if you use a walking aid or if you are a wheel chair user the Level 1 Mobility Circuit would be more suitable for you - see page 11).

To access this class you must be referred by a Health Professional.

**If you're interested in attending please contact the Start Up scheme on 01223 457532 for further information.**

**WEDNESDAYS (continued):****Aqua Aerobics**  **B** **ExRef**

A workout for people of all fitness levels using the natural resistance of the water. You do not need to be able to swim.

**Venue:** Chesterton Sports Centre, Gilbert Road, Cambridge

**Time:** Session 1: 2.00pm – 2.45pm  
Session 2: 2.45pm – 3.30pm

**Cost:** £3 member; £3.50 non-member

**To book:** Contact Chesterton Sports Centre on 01223 576110

**THURSDAYS:****Lunchtime Badminton and Table Tennis** 

**Venue:** Chesterton Sports Centre, Gilbert Road, Cambridge

**Time:** 12.30pm – 1.30pm

**Cost:** £2.50

**Notes:** Equipment is provided

**Pilates**

For all abilities

See Monday's class for details.

**Venue:** Browns' Field Community Centre

**Time:** 2.15pm – 3.15pm

**Cost:** £3 member; £3.50 non-member

**Notes:** Access via Green End Road or Kendal Way.

**Table Tennis** 

An excellent way to improve your hand to eye coordination! All abilities are welcome to join in.

**Venue:** Kelsey Kerridge

**Time:** 2.00pm – 3.00pm

**Cost:** £2.30 including equipment hire

**Short Mat Bowls** 

Great for people who are new to bowls or would like to play the game indoors in a relaxed and friendly environment.

**Venue:** Trumpington Village Hall

**Time:** 10.00am – 11.30am

**Cost:** £2.50 member; £3 non-member

**NEW** Starts 15th September  
Equipment provided.

**T'ai Chi**

Simple exercises to help us understand core principles of posture, breathing and coordination so you'll be able to move and balance more easily, relieve stress and increase well being.

**Venue:** Abbey Pool, Whitehill Road (Multi-purpose room)

**Time:** 3.30pm – 4.30pm

**Cost:** £3 member; £3.50 non-member (pay instructor, not at reception)

**Exercise to Music**

See Monday's class for details.

**Venue:** Chesterton Sports Centre

**Time:** 10.00am – 11.00am

**Cost:** £3 member; £3.50 non-member

**Over 50's Swimming** 

**Venue:** Chesterton Sports Centre, Gilbert Road, Cambridge

**Time:** 1.30pm – 2.30pm

**Cost:** £3.25 or £2.20 for over 60s

**FRIDAYS:****Exercise to Music**

See Monday's class for details.

**Venue:** Trumpington Village Hall, Trumpington Road

**Time:** 9.30am – 10.30am

**Cost:** £3 member; £3.50 non-member

**Exercise To Music** **ExRef**

**Venue:** Meadows Community Centre, St Catharine's Road

**Time:** 12.00noon – 1.00pm

**Cost:** £3.00

**Aqua Aerobics**

**Venue:** Abbey Pool, Whitehill Road

**Time:** 2.00pm – 3.00pm

**Cost:** £3 member; £3.50 non-member

**Notes:** No need to book - just turn up.  
Pay at the Abbey reception.

**Forever Fit Ball** 

Toning up has never been so much fun! Stability balls at the ready ... go! Ideal for people of any age or ability who have never been to a Fit Ball class before. Helps to strengthen the core – a strong back and abdominal muscles improves posture and balance, making carrying out everyday tasks easier.

**Venue:** Chesterton Sports Centre

**Time:** 10.00am – 11.00am

**Cost:** £3 member; £3.50 non-member  
Places are limited to 10 per class so please book early to avoid disappointment.

**Yoga**  **B**

As we get older our muscles tighten. This class addresses tight muscles and weak areas to re-align the body and achieve good posture.

**Venue:** Chesterton Sports Centre, Gilbert Road, Cambridge

**Time:** 11.00am – 12.00noon

**Cost:** £3 member; £3.50 non-member

**Exercise to Music**  **ExRef**

**Venue:** Abbey Pool, Whitehill Road

**Time:** 10.00am – 11.00am

**Cost:** £3 member; £3.50 non-member (please pay the instructor, not at reception)

**Egyptian Dance**  **B**

A fun dance class based on Middle Eastern dance moves.

**Venue:** Chesterton Sports Centre, Gilbert Road, Cambridge

**Time:** 12.00noon – 1.00pm

**Cost:** £3 member; £3.50 non-member  
Starting 23rd September

**SATURDAYS:****Pilates**  **ExRef**

See Monday's class for details.

**Venue:** Abbey Pool, Whitehill Road in the multi purpose room.

**Time:** 11.00am – 12.00noon

**Cost:** £3 member; £3.50 non-member (pay instructor, not at reception)  
Starting 17th September

**Zumba Gold** **B**

Zumba Gold is designed for people over the age of 50. This low impact class is easy to follow, Latin inspired dance fitness party to keep you in the groove of life!

**Venue:** St Paul's Centre, Hills Road

**Time:** 10.30am – 11.30am

**Cost:** £3.50 member; £4 non-member  
To book a place or for more information contact Marta on 07914 493352, email [martapresent@gmail.com](mailto:martapresent@gmail.com) or visit [www.zumbaincambridge.co.uk](http://www.zumbaincambridge.co.uk).

Supported by the Dancing for Fun and Better Health project.

## Forever Active Outdoors

Forever Active has a range of outdoor sessions available. Great if you don't want to be stuck in a gym or indoors and want to exercise in the great outdoors. There are walks, cycle sessions and outdoor activity sessions for all abilities available.

### Colour coding

- **Cambridge City classes**  
Classes in this colour take place within Cambridge City.
- **South Cambs classes**  
Classes in this colour take place within South Cambridgeshire.



walk 4 life



## Health Walks

30–40 minute walks for all abilities. Suited to those new to exercise or returning to a more active lifestyle.

### Arbury Health Walks

**Day:** Tuesdays  
**Time:** 11am  
**Start:** Arbury Community Centre  
**Cost:** Free  
**Contact:** Dashlina Soulecyo 07540 703824

**Day:** Thursdays  
**Time:** 10.30am  
**Start:** Arbury Community Centre  
**Cost:** Free  
**Contact:** Ruby Leyshon 01223 352151  
Evelyn Walker 01223 364067

### Nuffield Road Health Walk

**Day:** Thursdays  
**Time:** 11am  
**Start:** Nuffield Road Medical Practice, 10 Pippin Drive, Chesterton  
**Cost:** Free  
**Contact:** Nuffield Road Medical Practice, 01223 423424

### East Barnwell

**Day:** 1st & 3rd Monday of the month  
**Time:** 2.00pm  
**Cost:** Free  
**Start:** East Barnwell Health Centre, Ditton Lane, Cambridge, CB5 8SP  
**Contact:** Louise Stevens 07540 703821

### Wandlebury Country Park

**Day:** Thursdays  
**Time:** 9:50am (for 60 minute walk)  
10.15am (for 30 minute walk)  
**Cost:** No charge, £2 parking fee.  
**Contact:** Janet Cornish 01223 243830 x202  
enquiries@cambridgeppf.org

### Bar Hill

**Day:** First Thursday of every month  
**Time:** 10.30am  
**Cost:** Free  
**Start:** Meeting at Maple Surgery, Hanover Close, Bar Hill CB23 8EH  
**Contact:** Patricia Daniels, Tel: 07917 874402 Email: danielsoohn@btinternet.com  
**Notes:** Meet locally after the walk for a hot drink and a chat. Sorry, our current walks are not suitable for buggies or wheelchairs.

### Milton Country Park

**Day:** Tuesdays  
**Time:** 2.00pm  
**Cost:** There is no charge but there is a £2 parking fee.  
**Start:** Visitors Centre, Milton Country Park.  
**Contact:** Lyn Mason Tel: 01223 420060  
mcp@cambridgesportlakes.org.uk  
**Notes:** Afterwards the group have a hot drink and a chat in the onsite Cafe.

### Sawston

**Day:** Weekly on Tuesdays  
**Time:** 11.30am  
**Start:** Sawston Medical Centre.  
**Contact:** Medical Centre reception  
Tel: 01223 727555  
www.sawstonmedicalpractice.co.uk  
**Notes:** Walks finish at the Medical Centre where tea and coffee will be provided.



## Nordic Walking

Nordic walking is a walking session using poles. It is ideal for those with arthritic or neurological conditions that makes unsupported walking difficult. It is also an ideal session for those who would like upper body toning in addition to the benefits of normal walking

### Wandelbury

**Day:** Wednesdays  
**Time:** 1.00pm – beginners group and people with restricted mobility  
2.00pm – Intermediate group  
3.00pm – Advanced group  
**Contact:** To book contact Oliver Gynn, International Nordic Walking Association Instructor on 0794 783 5522 or 01638 742003

## Becoming a walks leader

If you're interested in becoming a walks leader on the Walk With Me project or Health Walks, please see page 23 for further information.

## Walk & Workout

These one hour sessions are ideal if you enjoy getting exercise outside and would like something a bit more varied than just a walk. They include brisk walking as well as fun outdoor exercises using resistance bands, outdoor fitness points and games.

All abilities welcome and no previous exercise experience is required.

Why not stay on for Pilates class at the Abbey Sports Centre after from 11.00am – 12.00noon, you can do both sessions for a special price of £4!

**Day:** Saturdays

**Time:** 10.00am – 11.00am

**Start:** Abbey Sports Centre

**Cost:** £2 session

**Notes:** In the event of bad weather call to see if session is taking place.

**NEW** Starting 17th September

## Themed Walks

### Time Travel Trek

**A walk around the historic city ending at the Fitzwilliam Museum.**

If you like to walk, like to see different aspects of Cambridge and love art, artefacts and meeting other people, then the time travel trek is for you! We walk a different route around the historic city each time and then have refreshments and a guided visit in the museum, looking at different pieces of interest.

**Dates:** 1st September, 8th December

**Time:** 10.15am

**Start:** Outside Boots on Sidney Street

**Cost:** Free

**Contact:** These walks must be booked in advance. Please contact [binnie.pickard@cambridge.gov.uk](mailto:binnie.pickard@cambridge.gov.uk) or telephone 01223 508149.

## Cycling for Health



**Cycle rides to various attractions in and around Cambridge – with all the health benefits of cycling.**

These rides are led by a qualified Cycle Instructor through Outspoken Cycle Training Organisation in Cambridge.

The Monday rides are between 3 – 5 miles for those who would like a shorter distance, while for the more experienced riders there are 5 – 10 mile rides on a Saturday.

The rides will be varied each week and will include trips to Granchester, Coton, Milton Country Park, City Centre attractions the Nine wells and other Nature reserves. Each session will include advice and tips on bike maintenance.

**Dates:** Mondays: 12th, 26th September  
10th and 24th October  
Saturdays: 17th September, 1st, 15th and 29th October.

**Time:** 10am – 11.30am

**Start:** Chesterton Sports Centre, Gilbert Road

**Cost:** Payment upfront for 4 rides: £10.00 members / £12 non members. Pay as you go £3.00 members / £3.50 non members

**Contact:** Places are limited so booking and upfront payment is essential. Contact Outspoken Cycling on 01223 719594 or [team@outspokentraining.co.uk](mailto:team@outspokentraining.co.uk)

**Notes:** In the event of bad weather, in which it is unsafe to cycle in the Instructor will lead an indoor talk or bike demo.

## rambles

The Cambridge Group of the National Ramblers' Association run a programme of walks, typically in Cambridgeshire and neighbouring counties. These walks are great for improving your health and well being, whilst enjoying the local scenery in the company of fellow walkers. The rambles are led by volunteers and range from 5 – 15 miles, so there are walks for all abilities.

**A full programme of walks can be found on the website [www.cambridgeramblers.org.uk](http://www.cambridgeramblers.org.uk)**

**Contact Information:** If you do not have Internet access or would like to speak to someone in person about the walks please contact Charles Anowelden on 01223 690126 or email [charles.anowelden@ntlworld.com](mailto:charles.anowelden@ntlworld.com)

**Cost:** Walks are free to attend. If you enjoy the initial walks you attend and wish to attend a walk regularly it's recommended you join the Ramblers Association for a fee of £35 a year.

**Notes:** If you do not have transport, please contact the leader, who may be able to arrange a lift or advise on public transport. The groups usually have a lunch stop near a pub, where food may be available



### Supported walking project

This project offers people who have had a fall, or are at risk of falling, the opportunity to have a volunteer take them out for a supported walk each week. This could be a walk down the road or to the local shop.

This scheme is ideal for people who are unable to go for a walk alone and cannot access Forever Active classes. If you think it would be suitable for you, contact the Falls Prevention Service on **01223 885070** for a referral.

## NEW Forever Active DVDs

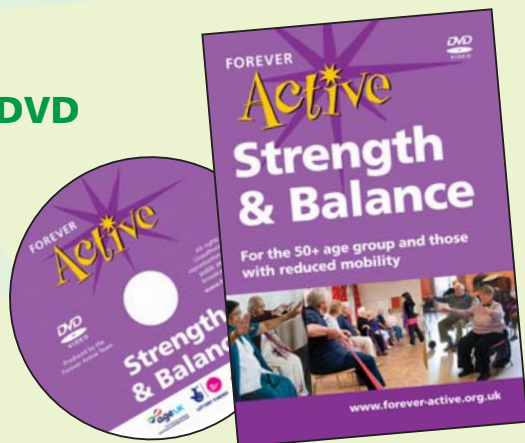
Two home-based exercise DVDs are available to purchase, both designed by exercise specialists working on the Forever Active scheme to ensure they are suitable for the 50+ age group or those returning to a more active lifestyle.

### Strength and Balance DVD

#### Sections include:

Warm Up, Seated Strength, Standing Strength, Balance, Cool Down, T'ai Chi and Pelvic Floor.

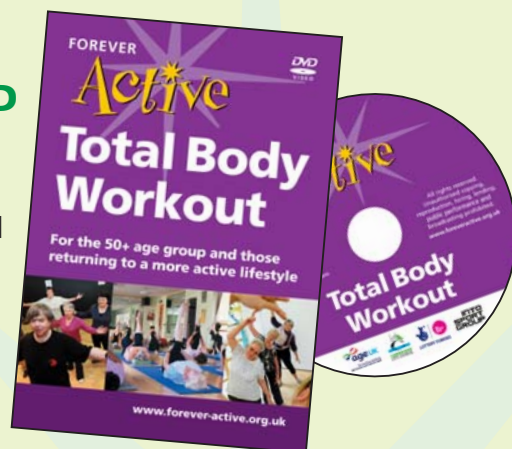
The Strength and balance DVD is suitable for people with reduced mobility.



### Total Body Workout DVD

#### Sections include:

Warm Up, Aerobics, Standing Strength and Toning, Pilates, Cool Down, Pelvic Floor.



**The cost per DVD is £6 or £10 to purchase both.**

To order your copy, please send a cheque and covering note detailing which DVD you would like to the Forever Active Coordinator, Sports Development, Hobson House, 44 St Andrews Street, Cambs, CB2 3AS.

Please make cheques payable to the 'Forever Active Forum'.

Alternatively call Helen on 01223 457532 to get an equipment order form.

## Volunteering to help

The Friends of Forever Active Scheme is looking for volunteers to become involved in the project. Volunteers will be given training and support where required and expenses will be covered.

Opportunities with Friends of Forever Active are varied and can be adapted to suit your skills and experience. Roles include:

- ★ Leaflet distribution and promotion
- ★ Giving talks to community groups
- ★ Assisting with classes
- ★ Becoming an activity leader or gym buddy
- ★ Becoming a walks leader

If you can give a few hours – or just a few minutes – each week your support will be much appreciated and will make a real difference. For more details about how to get involved please contact Helen Robbins, email: favolunteers@cambridge.gov.uk tel: 01223 457532.

We would LOVE to hear from you!

## CAMBRIDGESHIRE

# CELEBRATES AGE

A programme of events to celebrate the International day of older people in October. Across the world people will be focussing attention on the important contribution of older people within their families, neighbourhoods, community organisations and the economy. Cambridgeshire Celebrates Age aims to promote the well-being and improve the quality of life of older people.

### Get moving in the Grafton Centre!

**Friday 7th October 2011, 12.00 midday, outside BHS in the Grafton Centre**

As part of this year's celebrations Forever Active will be holding a mass exercise session in the Grafton Centre for the 50+ age group. You're invited to come along and join in the fun! There will be promotional stands and information about local exercise opportunities for the 50+ age group, as well as free health checks.

### Class Vouchers for New members:

As part of Cambridge Celebrates Age Forever Active will also be offering free vouchers for new people to come along and try a session during October. If you'd be interested, or know a friend or family member who would benefit, call us on 01223 457532 for a free voucher (quote 'Cambridge Celebrates Age').

# Forever Active Membership Form

**1st September 2011 – August 31st 2012**

See page 8 for full details of membership costs and benefits.

Name:

Date of birth:

Address:

Postcode:

Telephone:

Email:

Membership Card Number:

(previous members only)

Do you attend a class within

South Cambridgeshire

Cambridge City

both South Cambridgeshire and Cambridge City

Signed:

Date:

**Please return this form with the correct fee to:**

Helen Robbins, Forever Active Coordinator, Sports Development Service,  
Hobson House, 44 St Andrews Street, Cambridge, CB2 3AS.

PLEASE NOTE: The annual membership fee is now £12.50, reduced to  
£7.50 if you join after the 1st March 2012

Payment can be made by cheque.

Please make cheques payable to the 'Forever Active Forum'.

Once your membership application has been processed you will be sent  
your membership card in the post.

