



Movement **Conversation.** **Connection.**

Find a Free Community Exercise Class Near You (Term Time)



Find a FREE community exercise class near you! (Term Time)

Join us at a FREE, friendly exercise and wellbeing class near you. Our classes run during term time – there's no need to book, you can just turn up to find out more.

They're perfect if you're new to fitness or just want a fun, supportive way to move.

OUR BIRMINGHAM CENTRES

FREE CLASS	DAY	TIME	COACH
APNA GHAR – 21-22 Clevedon Road, Balsall Heath, Birmingham, B12 9HD			
Seated Exercise	Wednesday	11:30am-12:30pm	Imran
Ashiana Community Project – 25 Grantham Rd, Sparkbrook, Birmingham B11 1LU			
Seated Exercise	Monday	10:30am-11:30am	Imran
Seated Exercise	Saturday	10:30am-11:30am	Imran
Bartley Green Community Hub – 26-30 Hillwood Rd, Birmingham B31 1DN			
Seated Exercise	Thursday	11am-12pm	Imran
Bell's Farm Community Centre – Bells Farm Close, Kings Norton, B14 5QP			
Over 50's Seated Exercise	Thursday	11am-12pm	Ed
Birmingham Asian Resource Centre – St Silas Church, 80 Lozells Rd, Lozells, B19 2TD			
Seated Exercise	Thursday	12:30pm-1:30pm	Keturah

OUR BIRMINGHAM CENTRES

FREE CLASS	DAY	TIME	COACH
Brandwood Community Centre - 157 Allens Croft Rd, Kings Heath, B14 6RP			
Zumba Gold	Monday	11am-12pm	Keturah
Seated Tai Chi	Monday	12pm-1pm	Afsha
Body Balance	Monday	6pm-7pm	Keturah
Zumba	Monday	7pm-8pm	Keturah
Womens Only Exercise	Wednesday	9:30am-10:30am	Sam
Seated Exercise	Wednesday	11am-12pm	Sam
Mens Only Exercise	Wednesday	12:30pm-1:30pm	Sam
Adult Circuit Training	Saturday	9am-10am	Sean

FREE CLASS	DAY	TIME	COACH
CASE - Farmers Walk, 27 Ullenwood, Handsworth, Soho, Birmingham, B21 0JD			
Seated Exercise	Tuesday	12:30pm	Patricia

FREE CLASS	DAY	TIME	COACH
Deaf Cultural Centre - Ladywood Rd, Birmingham B16 8SZ			
Gentle Exercise	Monday	10:30am-11:30am	Val
Strength & Stretch	Monday	11:30am-12:30pm	Val



OUR BIRMINGHAM CENTRES

FREE CLASS

DAY

TIME

COACH

Dorothy Parkes - Church Rd, Smethwick B67 6EH

Adult Circuits	Monday	9:30am-10:30am	Ed
Women Only Boxing	Monday	10:30am-11:30am	Ed

Edgbaston Community Centre - 40 Woodview Dr, Birmingham B15 2HU

Wellbeing and Dance	Monday	1pm-2pm	Val
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Glebe Farm Community Hub - 52 Glebe Farm Rd, Birmingham B33 9NA

Women Only - Walk, talk & stretch	Monday	1pm-2pm	Patricia
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Glebe Farm Library - Glebe Farm Road, Stechford, B33 9NA

Low Impact Exercise	Friday	12:15pm-1:15pm	Ed
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GHULAB ASHRAM - 18 Whisley Brook Lane, Birmingham B28 8SR

Seated Exercise	Wednesday	3pm-4pm	Imran
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Hawkesley Community Centre - Edgewood Rd, King's Norton, Birmingham B38 9RN

Adult Circuits	Thursday	5:30pm-6:30pm	Sean
Seated Exercise	Friday	12pm-1pm	Tony

OUR BIRMINGHAM CENTRES

FREE CLASS

DAY

TIME

COACH

Holloway Hall Community Association – Holloway, Bartley Green, Birmingham, B31 1TT

Womens Only Exercise	Thursday	9:30am-10:30am	Sharon
Kids Boxercise	Thursday	4:30pm-5:30pm	Myles

James Lloyds Trust – 219 Heath Road, Bourneville, Birmingham B30 1RU

Low Impact Exercise	Friday	12:15pm-1:15pm	Imran
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Lakeside Children Centre– 22 Lakes Road Erdington Birmingham

Kids Boxercise	Friday	3:45pm-4:45pm	Omeil
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Milebrook Community Hall – 143-151 Field Ln, Birmingham B32 4ER

Seated Exercise	Thursday	10:45am-11:45am	Sharon
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Nechells Pod – 28 Oliver St, Nechells, Birmingham B7 4NX

Aerobics	Thursday	10am-11am	Patricia
Seated Exercise	Thursday	11am-12pm	Patricia

OUR BIRMINGHAM CENTRES

FREE CLASS	DAY	TIME	COACH
Lodge Road Church Centre URC- Lodge Rd Centre, 143/4 Lodge Road, Winson Green, Birmingham B18 5BU			
Kids Rollerskating	Monday	3pm-5pm	N9ne
Kids Boxercise	Monday	5pm-6pm	N9ne
Mixed Boxercise	Monday	6pm-7pm	N9ne
Womens Stretch & Flex	Tuesday	2pm-3pm	N9ne/Keturah
Kids Rollerskating	Tuesday	3pm-5pm	N9ne
Adult Tai Chi	Tuesday	3pm-5pm	N9ne
Adult Rollerskating	Tuesday	7pm-8:45pm	N9ne
Teen RollerSkating (Age 13-17's)	Wednesday	5pm-6pm	N9ne
Adult Rollerskating	Wednesday	7pm-8:45pm	N9ne
Kids Rollerskating	Thursday	3pm-5pm	N9ne
Adult Rollerskating	Thursday	5pm-7pm	N9ne
Adult Badminton	Thursday	7pm-8pm	N9ne
Adult Badminton	Thursday	8pm-9pm	N9ne

OUR BIRMINGHAM CENTRES

FREE CLASS

DAY

TIME

COACH

New Heights Warren Farm Community Project – 125 Warren Farm Rd, B440QN

Seated Exercise	Wednesday	10am-11am	Keturah
Family Fitness	Wednesday	3:15pm-4:15pm	Keturah

Pheasey Community Hub – Hillingford Ave, Birmingham , B43 7HN

Seated Exercise	Monday	1pm-2pm	Sam S
Womens Only	Thursday	1pm-2pm	Sam S

Old Brookside – Yardley Field Road, Stechford, Birmingham, B33 8QL

Seated Exercise	Friday	1:30pm-2:30pm	Keturah
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Quinbourne Community Centre – 80 Ridgacre Rd, Quinton, Birmingham B32 2TW

Seated Exercise	Tuesday	1:30pm-2:30pm	Tony
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OUR BIRMINGHAM CENTRES

FREE CLASS

DAY

TIME

COACH

Saheli Hub - Corner of Cheddar &, Edward Rd, Balsall Heath, Birmingham B12 9L

HIIT	Monday	10am-11am	Patricia
Seated Exercise	Monday	11am-12pm	Patricia

Scrapstore, Hollymoor Centre- Manor Park Grove, Northfield, B31 5E

Seated Exercise (Over 50's)	Wednesday	12:15pm-1:15pm	Ed
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The Shires - 219 Wake Green Rd, Moseley, Birmingham B13 9PQ

Womens Circuits	Tuesday	6:30pm-7:30pm	Afsha
Active seniors	Friday	1pm-2pm	Afsha

St Barnabas Church & Community Hub - 152-156 High St, Erdington,, B23 6SY

Seated Exercise	Tuesday	11am-12pm	Keturah
Womens only	Thursday	10am-11am	Sam S
Kids Boxercise	Thursday	11am-12pm	Sam S

St Gabriels Church - Marston Road, Shenley Lane Weoley Castle B29 5PL

Kids Boxercise	Thursday	4:30pm-5:30pm	Myles
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OUR BIRMINGHAM CENTRES

FREE CLASS

DAY

TIME

COACH

St. Germain's Community Hub – City Road, Edgbaston, N17 8LE

Keep Fit While You Sit	Wednesday	2:30pm-3:30pm	Ed
Kids Boxercise	Wednesday	3:45pm-4:45pm	Ed

St James And St Peter's Church – Darnley Road, Birmingham, B16 8TF

Kids Boxercise	Friday	4:30pm-5:30pm	Sean
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Unity Hubb, St. Margaret's Church, St Margaret's Rd, Ward End, Birmingham B8 2BA

Seated Exercise	Tuesday	12pm-12:45pm	Selina
Seated Stretch	Tuesday	1pm-1:45pm	Selina
Seated Exercise	Wednesday	10am-11am	Imran
Fitness For All	Thursday	11:30am-12:30pm	Selina



OUR BIRMINGHAM CENTRES

FREE CLASS

DAY

TIME

COACH

Welcome Change, Shard End- Ownall Road, Shard End, B34 7AJ

Seated Exercise	Wednesday	11:15am-12:15pm	Keturah
Seated Exercise (Over 50's)	Friday	11am-12pm	Ed

Wellington Court - Brook Lane, Edgbaston, Birmingham B32 2DP

Seated Exercise	Thursday	10:30am-11:30am	Tony
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YMYW HUB, Wesley Court, Selwyn Road, B16 0NL (Behind City Road Methodist Church)

Dance, Tone & Stretch - Women only	Wednesday	9:30am to 10:15am	Patricia
Seated Exercise	Wednesday	10:30am to 11:15am	Patricia



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OUR WEST MIDLANDS CENTRES

FREE CLASS

DAY

TIME

COACH

Foleshill Community Centre – 111–113 Foleshill Road, Coventry CV1 4JU

Womens Only Pilates	Tuesday	5:30pm-6:30pm	Isla
Womens Only Circuits	Thursday	9:30am-10:30am	Isla
Seated Exercise	Thursday	10:30am-11:30am	Isla

Kenilworth Community Centre – Abbey End, Kenilworth CV8 1QJ

Womens Only Exercise	Wednesday	11am-12pm	Natasha
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The Olton Project – Kineton Green Rd, Olton, Solihull B92 7DY

Womens Only Exercise	Tuesday	10:30am-11:30am	Afsha
Womens Strength and Balance	Wednesday	1pm-2pm	Afsha

St Francis Employability – St Francis of Assisi Church, Links Road, Radford, CV6 3DQ

Seated Exercise	Wednesday	1pm-2pm	Natasha
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OUR GREATER LONDON CENTRES

FREE CLASS

DAY

TIME

COACH

Majorie Collins Day Centre- Majorie Collins Grove Road, Romford, RM6 4XF

Seated Exercise

Monday

11am-12pm

James

Seated Exercise

Monday

12pm-1pm

James

St Martins Church- St Martins Church, Becontree Goresbrook Road, Dagenham RM9 6UX

Seated Exercise

Monday

2pm-3pm

James

Waltham Forest Community Hub- 18A Orford Road London E17 9LN

Seated Exercise

Thursday

2:30pm-3:30pm

Danielle



OUR NORTH WEST CENTRES

FREE CLASS	DAY	TIME	COACH
Croft Community Centre- Croft Community Centre, Smithy Lane, Croft, Warrington			
Seated Exercise	Wednesday	9:30am-10:30am	Sharma
Adult Circuits	Wednesday	10:30am-11:30am	Sharma

Fearnhead Community Centre - Insall Rd, Fearnhead, Warrington WA2			
Seated Exercise	Thursday	11am-12pm	Sharma

Greenwood Community Centre, Thames Cl, Warrington WA2 0FG			
Adult Circuits	Thursday	9:30am-10:30am	Sharma

Harpurhey Neighbourhood Project- Conran Street, Harpurhey, Manchester, M9 5PR			
Kids Boxercise	Tuesday	4pm-5pm	Adam
Womens Only Boxercise	Tuesday	5:30pm-6:30pm	Adam
Adult Circuits	Tuesday	6:30pm-7:30pm	Adam

Orford Community Centre- Orford Community Centre 102 Hughes Ave, Warrington			
Seated Exercise	Friday	9:30am-10:30am	Sharma
Adult Circuits	Wednesday	10:30am-11:30am	Sharma

Whitecross Community & Recreation Centre, Lexden Street, Warrington WA5 1PT			
Seated Exercise	Thursday	1pm-2pm	Sharma
Circuit Training	Thursday	3pm-4pm	Sharma

OUR EAST ENGLAND CENTRES

FREE CLASS

DAY

TIME

COACH

Evangelical Church- The ST, Little Totham Maldon CM9 8JQ

Seated Exercise

Wednesday

9am-10am

James

King's Hall- Burnham 2 Arcadia Rd, Burnham-on-Crouch CM0 8EF

Seated Exercise

Tuesday

9am-10am

James

Seated Exercise

Wednesday

3:30pm-4:30pm

James

Maylands Community Centre- Lawling Park Hall, Katonia Avenue, Essex, CM3 6AD

Seated Exercise

Tuesday

2pm-3pm

James

North Fambridge Village Hall- FERRY ROAD, North Fambridge

Seated Exercise

Wednesday

2pm-3pm

James

Plantation Hall- Colchester Road, Heybridge, Maldon, CM9 4AL

Seated Exercise

Tuesday

2pm-3pm

James

Seated Exercise

Tuesday

3pm-4pm

James

Seated Exercise

Tuesday

4pm-5pm

James

South Woodham Village Hall - 25 Hullbridge Rd, Chelmsford CM3 5P

Seated Exercise

Wednesday

12:30pm-1:30pm

James

Wickham Bishop Village Hall - Church Road, Wickham Bishop

Seated Exercise

Wednesday

10:30am-11:15am

James

Seated Exercise

Wednesday

11:15am-12pm

James

OUR EAST MIDLANDS CENTRES

FREE CLASS

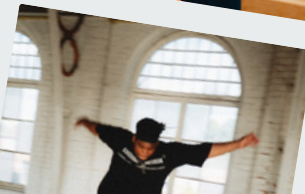
DAY

TIME

COACH

Ladybrooke Community Centre- Ladybrook Ln, Mansfield NG18 5JJ

Pilates	Tuesday	10am-11am	Val
Dance Exercise	Tuesday	11am-12pm	Val
Low Impact Exercise	Tuesday	12:30pm-1:30pm	Val



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