

Organisation	Activity	Day / time	Cost	Additional info
Darnall Wellbeing Darnall Primary Care Centre, 290 Main Road, S9 4QH 0114 249 6315 www.darnallwellbeing.org.uk	Health walk at High Hazel park	Mon 11am	None	
	Women's only health walks	Tues 8.45am (Oasis Academy) Thurs 9.15am (Tinsley Meadows school)	None	
	Virtual Chairobics	Tues 10.45am	None	
SOAR 14 Knutton Road, S5 9NU 0114 213 4065 www.soarcommunity.org.uk	Walking Group	Pls contact for details	None	Contact Julie Moore 07960 084251 Julie.moore@soarcommunity.org.uk
ZEST 18 Upperthorpe, S6 3NA 0114 270 2040 www.zestcommunity.co.uk	Walking for Purpose (5 week programme)	Weds 11am – 12.15pm	None	Must book in advance: Abi Goodman 07928 814805 abi.goodman@zestcommunity.co.uk
	Women's Breeze Bike Ride	Contact for details		Contact Nighat 07969 462956 nighat.ahmed@zestcommunity.co.uk Helmet and bike provided.
	Wellbeing walk	Friday 10am – 11am	None	For more information email: health@zestcommunity.co.uk
	Legs Bums and Tums (online)	Tues 12pm – 2pm	None	
	Fitness Pilates (online)	Weds 12pm – 2pm	None	
	Womens Walking group	Thurs 11.30am – 12.30pm	None	Contact Nighat 07969 462956 nighat.ahmed@zestcommunity.co.uk
	Swimming sessions	Variable	Variable	

	Women's only Zumba	Tues 10.30am – 11.30am	£1	Please contact for more information or look on website for timetable
Stocksbridge Community Leisure Centre Moorland Drive, Stocksbridge, S36 1EG 0114 288 3792 www.stocksbridgeclc.co.uk	Various swimming sessions including aqua fit, aqua care, and lane swimming.	Variable	Variable	Please contact for more information or look on website for timetable
	Sporting Chance (men only)	Mon 1.30pm – 3.30pm	Variable	Sports and chat
	Box Fit	Mon 7.30pm – 8.15pm Thurs 10am – 10.45am	Variable	Stress busting high energy work out using boxing techniques.
	Chair Aerobics	Mon 12pm – 12.45pm Thurs 11am - 11.45am	Variable	Contact Ann Whitfield to book a class: 07775 961727
	Live Well circuit class	Weds 10.30am - 11am	Free for GP referral £2 for non referrals	
	Pilates	Tues 6.30pm – 7.15pm Weds 6pm – 6.45pm	Variable	
	Walking Football	Thurs 12.30pm – 2pm	£3	For over 50's
	Yoga	Mon 10am – 11am	£5	
	Badminton	Weds 11.30am – 2pm	£4	For over 40's

	Zumba	Tues 11am – 11.45am Fri 9.30am – 10.15am	Variable	
Valley React Balfour House, Stocksbridge, S36 www.valleyreact.co.uk Kath 07596 130043	Chairobics	Mon 11.30am – 12.30pm	£2	
Manor and Castle Development Trust 1 st Floor, Park Library, Duke Street, S2 5QP 0114 278 9999 www.manorandcastle.org.uk	Health walks from: East Bank Medical centre	Mon 9.30am – 10.30am	None	
	White House surgery	Tues 1pm – 2pm		
	Norfolk Park Medical Centre Dovercourt Surgery	Weds 10am – 11am Thurs 9.30am – 10.30am		
	Kettlercise At Manor Fields Park, 535 City Road, S2 1GW	Tues 9.30am – 10.15am Tues 10.30am – 11.15am Weds 9.30am – 10.15am Thurs 9.30am – 10.15am	None	Contact Errol errolbarrows@manorandcastle.org.uk
	Circuits At Manor Fields Park, 535 City Road, S2 1GW	Tues 9.30am – 10.15am Weds 10.30 – 11.15am	None	Contact Kellyanne or Errol kellyannesharman@manorandcastle.org.uk errolbarrows@manorandcastle.org.uk

		Thurs 10.30 – 11.15am		
	Boxercise At Manor Fields Park, 535 City Road, S2 1GW	Tues 10.30am – 11.15am	None	Contact Kellyanne kellyannesharman@manorandcastle.org.uk
	Women only health walk At Manor Fields Park, 535 City Road, S2 1GW	Weds 9.30am – 10.30am	None	
Woodhouse and District Community Forum 2 Goathland Place, S13 7TE www.mywoodhouse.co.uk	Chair based exercise	Mon 3 – 4pm Newton Croft, 26 Chapel Street, S13 7JN Mon 12 – 1pm Com.unity, Westfield Centre, S20 8ND Weds 11.30 – 12.30pm St Catherines Church, 383 Richmond Road, S13 8LT Weds 2.15 – 3.15pm St James Church Hall Woodhouse S13 7LL Weds 10 – 11am	£2 £2 £3 £3 £2	For more information contact Nicola 07736 221829 nicola@mywoodhouse.co.uk Lesley 07748 375023 lesley@mywoodhouse.co.uk

		Blackberry Hamlet Mosborough S20 4TD	£2	
		Thurs 11.15am- 12.15pm Spa View Community Church Hackenthorpe S12 4HD	£3	
		Fri 10.30 – 11.30am St James Church Hall Woodhouse S13 7LL		
	Dance Fit @ St James Church Hall	Weds 1 – 2pm	£3	
	Beginners Yoga @ St James Church Hall	Tues 12.15 – 1.30pm	£3	Low impact exercise for adults Contact
	Yoga @ Woodhouse West working Mens Club 149 Sheffield Road S13 7ES	Thurs 11am -12pm	£3	Contact: Jackie Kuczko 07847602613/ jackie@mywoodhouse.co.uk Liz Turton 07708033166 liz@mywoodhouse.co.uk
	Tai Chi (ZOOM)	Weekly (varies)	None	
	Tai Chi @ St James Church Hall	Tues 2 – 3.30pm Tues 3.30 – 4.30pm	£3	
AGE UK Sheffield	Gentle Circuits ONLINE	Mon & Thurs 10am	None	For over 50's

Shipshape The Stables, Sharrow Lane, S11 8AE 0114 250 0222 07843 552 713 www.shipshape.org.uk	Chair Aerobics and keep fit class WOMEN ONLY	Weds 11am – 12pm		
	Bollywood Dancing	Weds 12 – 12.30pm		
	Desi football for women and girls	Fri 4 – 5pm		
	Men’s Community Cycling	Tues 11- 12.30pm		
	Women’s Cycling Club	Mon & Thurs 10am – 12pm		
	Keep Fit Class for Asylum seekers and refugees	First Monday of the month 12 – 2.30pm		
	Walking Football @ U Mix Centre MEN ONLY	Tues 1 – 2pm		
	Community Cricket @ Mount Pleasant Park WOMEN ONLY	Thurs 4 – 5.30pm		
	Tennis	Weekly		
Heeley Institute 147 Gleadless Road, S2 3AF 0114 399 1070	Wellness Walks	Tues at 10.30am		
	Tai Chi	Mon at 9.30am		
	Zumba WOMEN ONLY	Tues	£1	
	Swimming classes WOMEN ONLY	Fri	£2	
Terminus Initiative 240 Lowedges Road, S8 7JB 0114 237 8540 www.terminusinitiative.org	Walking Group @ Greenhill Park	Tues 11am		
Meadowhead Christian Fellowship	Zumba and Pilates	Mon 7 – 9pm		Run by a qualified instructor

Units 2 & 3, Jordanthorpe Centre, S8 8DX 0114 23705700 www.mcfchurch.co.uk	Pilates	Thurs 9.30 – 10.30am		Run by a qualified instructor
Step Out Sheffield 07505 639524 www.stepoutsheffield.org	Weekly health walks from around 30 sites across the city.	Variable	None	Call for more details or check the website
Parkrun www.parkrun.org.uk	Weekly park runs for all abilities.	Variable	None	Check website for details – please register before your first run.
Pedal Ready 07772 374759 www.pedalready.co.uk	Cycling for people of all abilities	Variable	None	Bikes provided.
Concord Sports Centre Shiregreen Lane, S5 6AE 0114 257 0053 www.sheffieldcitytrust.org/venues/concord-sports-centre	GYM – equipped with latest cardio and resistance kits.	Mon – Fri 7am – 9pm Sat 8am – 4pm (must book in advance)	Pay as you go £7 per session FREE for members	Check website or call for further details
	Fitness Classes – Zumba, aerobics, Pilates and much more	Variable	Pay as you go £5 per session FREE for members	
	Swimming – 25 metre pool for a range of activities / lessons	Variable (must book in advance)	Variable – see website	
Heeley Pool and Gym Broadfield Road, S8 0XQ 0114 280 2370 www.sheffieldcitytrust.org/venues/heeley-pool	GYM	Mon – Fri 7am – 9pm Sat 8am – 4pm	Pay as you go £7 per session	Check website or call for further details

		(must book in advance)	FREE for members	
	Swimming	Variable (must book in advance)	Variable – see website	
Ponds Forge International Sports Centre Sheaf Street, S1 2BP 0114 223 3400 www.sheffieldcitytrust.org/venues/ponds-forge-international-sports-centre	GYM	Mon – Fri 6am – 9pm Sat 8am – 4pm (must book in advance)	Pay as you go £7 per session FREE for members	Check website or call for further details
	Swimming – leisure pool and swimming lanes	Variable (must book in advance)	Variable – see website	A hoist holding up to 170kg is available to access the leisure pool and leisure pod.
	Fitness Classes – Yoga, Zumba, HIIT, Body attack and much more	Variable (must book in advance)	Pay as you go £5 per session FREE for members	Check website or call for further details
Westfield Sports Centre Eckington Road, S20 1HQ 0114 223 3696 www.sheffieldcitytrust.org/venues/westfield-sports-centre	Swimming – 25 metre pool for lane swim, leisure and family swim	Variable (must book in advance)	Variable – see website	Check website or call for further details
English Institute of Sport Coleridge Road, S9 5DA 0114 223 5600 www.sheffieldcitytrust.org/venues/eis-sheffield	GYM – 2 gyms with state of the art equipment	Mon – Fri 7am – 9pm Sat 9am – 5pm (must book in advance)	Pay as you go £7 per session FREE for members	Check website or call for further details
	Fitness classes – 25 classes a week	Variable	Pay as you go £5	

		(must book in advance)	per session FREE for members	
	Indoor Athletics Track	Mon – Fri 6.30 – 8.30pm Sat 2 – 4pm Sun 9 – 11am (must book in advance)	Pay as you go £5 per session FREE for members	
Hillsborough Leisure Centre Beulah Road, S6 2AN 0114 231 2233 www.sheffieldcitytrust.org/venues/hillsborough-leisure-centre	Gym	Mon – Thurs 5.30am – 10pm Fri 5.30am – 9.30pm Sat – Sun 8am – 4pm (must book in advance)	Pay as you go £7 per session FREE for members	Check website or call for further details
	Swimming – 21 metre pool for lane swimming and leisure.	Variable (must book in advance)	Variable	
	Fitness Classes – a range of classes including virtual classes too	Variable (must book in advance)	Pay as you go £5 per session FREE for members	
Springs Leisure Centre East Bank Road, S2 2AL 0114 239 0880 www.sheffieldcitytrust.org/venues/springs-leisure-centre	GYM	Mon – Fri 8.30am – 9pm Sat – Sun 8.30am – 3.30pm (must book in advance)	Pay as you go £7 per session FREE for members	Check website or call for further details

	Swimming – 20 metre swimming pool for lane swimming, leisure and private hire	Variable (must book in advance)	Variable	
	Fitness Classes – over 30 classes a week to choose from	Variable (must book in advance)	Pay as you go £5 per session FREE for members	
IceSheffield 23 Coleridge Road, S9 5DA 0114 223 3900 www.sheffieldcitytrust.org/venues/icesheffield	Public Skating sessions – have fun and get fit	Variable (must book in advance)	£7	Check website or call for further details
	Patch Ice – book with a coach	Variable (must book in advance)	Variable	
Sheffield United Community Foundation Blades Business Hub, John Street, S2 4QX 0114 253 7200 www.sufc-community.com	Sporting activities for over 65's	Weds 1 – 2.30pm	None	To sign up or for more info email: health@sufc-community.co.uk
	Walking Football – for over 50's	Weekly sessions (contact for more info)	£5 per session when block booked for 12 weeks	
Sheffield Wednesday Community Programme Hillsborough Stadium, S6 1SW 0114 324 0523 www.swfccp.co.uk	Walking Football	Tues 1.30 – 2.30pm Concord Sport Centre Thurs 5.30 – 6.30pm Concord Sports Centre	£2 per session	For more information email: community@swfc.co.uk

		Fri 1.15 – 2.15pm SWFC Training Ground		
Darnall Education and Sports Academy Olympic Legacy Park, Attercliffe Common, S9 3TL 07445 426019 www.desa.org.uk	Kicks and Tricks football session @ Woodbourn Road	Tues 7 – 8pm	?	
	Multi Sports session @ EIS	Fri 5 – 6pm 6 – 7pm	?	
	Women Yoga & Zumba Class @ EIS	Fri 5 – 6pm 6 – 7pm	?	
	Cricket sessions @EIS	Fri 7 – 8pm	Free	
Dance Star UK www.dancestaruk.co.uk 07913 575 902	Dance, Zumba, Fitsteps – for all abilities	Various times and venues	Variable	Please contact or look at website for more information. All classes need to be booked in advance.