



Health & Fitness

Bowling, Health, Sport and Fitness, Leisure Centres, Therapies, Walking/Rambling, Yoga, Slimming/Weight Management

Cycling

FXA Limited

- c** David George
- t** 01784 423344
- m** 07413 779219
- e** dg@fxa.co.uk
- w** www.apollonia.org.uk/coaching
- i** Cycle training and coaching. Road safety cycle training for individuals and groups. Sports specific cycle coaching for groups. Cycling advice.

Hounslow and District Wheelers Cycling Club

- c** Secretary, Mr Bill Carnaby
- t** 0208 287 3244
- e** billcarnaby@blueyonder.co.uk
- a** Jeff Marshall
- t** 01483 473319
- w** www.hounslowanddistrictwheelers.co.uk
- v** Staines Sailing Club, 101 Chertsey Lane, Staines TW18 3LQ
- i** Racing and sporting cycling club.

Fitness Clubs

Lifestyles Fitness Centre

- c** Head of Comm Sport, Mr Roland Davey
- t** 01784 453963
- e** sportscentre@matthew-arnold.surrey.sch.uk
- a** Tom Shanks (Asst. Manager)
- w** www.matthew-arnold.surrey.sch.uk
- v** Matthew Arnold School, Kingston Road, Staines TW18 1PF
- i** M/F 5-65+yrs. Fully equipped fitness suite, weights room, dance studio, dance mats, sports hall, astro turf training pitch and full size third generation pitch - all bookable.

The Thames Club

- c** Sales Manager, Ed Ryder
- t** 01784 463100
- e** sales@thethamesclub.co.uk
- w** www.thethamesclub.co.uk
- v** Wheatsheaf Lane, Staines TW18 2PD
- i** Monday to Friday 6.30am-10.30pm. Saturday and Sunday 8am 7pm. Function rooms available to hire. Restaurant open to the public. Beauty spa 9am-9pm weekdays 9am-5pm weekends.

Gymnastics and Trampolining

Everyone Active Spelthorne Leisure Centre (Gymnastics Club)

- c** Reception **t** 01784 493493
- e** spelthorneinfo@everyoneactive.com
- w** www.everyoneactive.com
- v** Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
- t** Saturday Gymnastic club. 8.30-9.30am and 9.30-10.30am.
Please contact reception for more information or to book.

Everyone Active Spelthorne Leisure Centre (Trampolining Club)

- c** Reception **t** 01784 493493
- e** spelthorneinfo@everyoneactive.com
- w** www.everyoneactive.com
- v** Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
- t** Bounce on over to our Trampoline Club! Tuesdays and Thursdays 3.45-4.45pm and 4.45-5.45pm. Please contact reception for more information or to book.

Everyone Active Sunbury Leisure Centre (Trampolining Club)

- c** Reception **t** 01932 772287
- e** sunburyinfo@everyoneactive.com
- w** www.everyoneactive.com
- v** Sunbury Leisure Centre, Nursery Road, Sunbury TW16 6LG
- t** Booking required Monday 3.45-4.45pm and 4.45-5.45pm

Flair Gymnastics and Trampolining

- c** Membership Department **t** 0845 034 6700
- e** info@ukflair.com **w** www.ukflair.com
- v** Bishop Wand Sports College, Woking Leisure Centre, Spectrum Leisure Complex, Surrey Sports Park.
- t** M/F Two to adult. Est 1998. All coaches fully qualified and registered and CRB checked. Flair awards. Competition entry. State of the art floor and tumbling equipment at all centres. Free try out class for all.

Spelthorne Gymnastics

- c** Manager, Juli Cowler **t** 01784 880474
- e** spelthornegymnastics@me.com
- a** Alison Cooper **t** 01784 881814
- w** www.spelthornegymnastics.com
- v** College Way, (behind Brooklands College) Ashford TW15 2XG
- t** Full time facility with café. Gymnastics classes for all ages and abilities. Acrobatics, tumbling, pre-school, fun4babies 8wks+, soft play and children's parties.



Leisure Centres

Spelthorne Leisure Centre

- c** The Management Team **t** 01784 493493
- e** spelthorneinfo@everyoneactive.com
- w** www.everyoneactive.com
- v** Knowle Green, Staines TW18 1AJ

Facilities

- 25m swimming pool
- Teaching pool
- Six court sports hall available for badminton, five-a-side football, volleyball and basketball
- Dance/aerobics studio
- Fitness and health suite (IFI equipped)
- Personal trainers
- Squash courts
- Café
- Children's soft play area
- Crèche



Sunbury Leisure Centre

- c** The Management Team
- t** 01932 772287
- e** sunburyinfo@everyoneactive.com
- w** www.everyoneactive.com
- v** Nursery Road, Sunbury TW16 6LG



Facilities

- 25m swimming pool
- Teaching pool
- Four court sports hall available for badminton, 5 a side football and basketball
- Dance/aerobics studio
- Fitness and health suite
- Personal trainers
- Climbing wall

Outdoor Learning

Thames Young Mariners OEC

(Surrey Outdoor Learning and Development)

- c** Senior Outdoor Worker, Jo Prior
- t** 01372 378901 **e** outdoor.learning@surreycc.gov.uk
- w** www.surreycc.gov.uk/outdoorlearning
- v** Ham Fields, Riverside Drive, Ham, Richmond TW10 7RX
- t** M/F 8yrs +. Canoeing, kayaking, sailing and powerboating courses from complete beginners to instructor level training. Climbing and camping. Also children's holiday courses.

Running

Staines Strollers

- c** Organiser, Mr Roy Miller
- t** 01784 452121 **m** 07599 273975
- e** staines.strollers@o2.co.uk
- a** Ken Saunders **t** 01784 462752
- w** www.stainesstrollers.blogspot.com
- v** Law Courts Car Park, opposite Council Offices, Knowle Green, Staines TW18 1XB
- t** Wednesday at 7.15pm. The Staines Strollers is a friendly club for all standards of runners and walkers. Free.

Short Mat Bowls

Short Mat Bowls Club

- c** Everyone Active Spelthorne Leisure Centre
- t** 01784 493493
- w** www.everyoneactive.com
- v** Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
- t** Thursday 10-12noon. Beginners and experienced players welcome. Supervised by experienced players. £2.75 per session.

Swimming Lessons

Everyone Active Swimming Lessons

- c** Swim Lesson Co ordinator
- t** 01784 493493
- e** spelthorneinfo@everyoneactive.com
- w** www.everyoneactive.com
- v** Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
- t** All ages every day, join our ASA award winning swimming lessons. Collect ASA badges and certificates at every stage. Call to book.

Walking/Rambling

Nordic Walking

c Personal Trainer/Nordic Walking Instructor, Ms Beverley Boon

m 07903 356092

e beverley@trynordic.co.uk

w www.trynordic.co.uk

v Bushy Park and surrounding areas. See website for updated list of classes.

i Nordic Walking is a full body workout using 90% of your skeletal muscles. Burns 46% more calories than normal walking so if you want to get active and meet likeminded people Try Nordic.

Spelthorne Ramblers

c Secretary, Ms Doris Houghton

t 01344 843014

w www.spelthorneramblers.co.uk

i Walking Club for people of all ages. Regular Sunday walks from 10am covering 5-10 miles. Also monthly mid-week walks under 6 miles. Surrey, the North Downs and the Chilterns. Holidays and socials.

Staines Ramblers

c Secretary, Mrs Margaret Daborn

t 01784 245513

w www.stainesramblers.org.uk

v Ramblers Association (Staines Group)

i Everyone welcome. See website to confirm meeting times and dates. Walks are local and further a field ranging from 4-10 miles. We are a friendly active group you are welcome to join us. Walking boots or stout shoes recommended.

Surrey Walks Club

c Membership Secretary, Mauveen Jones

t 01932 241366

a Marion Benfield

t 01932 222113

w www.surreywalksclub.org.uk

i Regular Sunday walks ranging from 3-12 miles and fortnightly Thursday walks ranging from 4-6 miles. Walking boots or stout shoes recommended. Membership £10 per year. Weekends away plus walking holidays in UK and Europe arranged.

The Spelthorne Walking for Health Scheme

c Leisure Services

t 01784 446433

e leisure@spelthorne.gov.uk

w www.spelthorne.gov.uk/walkingforhealth

v Various walks within Spelthorne and nearby areas.

i M/F 16yrs+. Free walks 1-4 miles. Monday-Friday am or pm, some evening walks in the summer. All walks are led by volunteer walk leaders. Suitable for beginners and those who want to be more active.

Focus on: Exercise Referral



Spelthorne has a well established accredited exercise referral scheme which has been running for over 10 years. The scheme is aimed at helping you to enjoy and maintain physical activity as part of a healthy lifestyle, as well as helping to increase your strength and flexibility.

The exercise referral scheme is for people with certain medical/health conditions or recovering from recent surgery. People who already have a pre-existing or health risk condition which can benefit from exercise or those at risk through a non active lifestyle can also apply. The Weight Management Scheme is a 12 week programme designed to help you lose weight by changing your lifestyle.

The schemes enable local health professionals, such as GP's to refer patients for a course of exercise under the supervision of the specialist Exercise Referral Manager.

If you would like a referral please discuss this with your GP or health professional and they will need to complete the relevant paperwork for you.

For more information on the scheme please contact the Exercise Referral Manager on:

01784 493493

or e-mail spelthorneinfo@everyoneactive.com

Yoga

Sunbury Yoga Society

- c** President/Teacher, Mr Keith ap Owen
- t** 01932 788118
- e** keithsunyog@yahoo.co.uk
- w** www.sunyog.co.uk
- v** Riverside Arts Centre, 59 Thames Street, Sunbury TW16 5QF
- t** All ages and abilities welcome. Regular classes in the evening. Some weekends, introductory courses and workshops. Please ring for information.

Yoga for all

- c** Mrs Pia Harris
- t** 01784 254508
- v** Echleford School, Park Road, Ashford TW15 1EX and Spelthorne Gymnastics, College Way, Ashford TW15 2XG
- t** M/F 16-65yrs+. Monday 9.20-10.50am. Tuesday 9.30-11.00am at Spelthorne School of Gymnastics. Wednesday 7.15-8.45pm at Echleford School.

Focus on: Get Active Spelthorne



We are always looking to develop new projects and initiatives that fall within the Active Lifestyle remit. This includes activities such as Adult Badminton coaching, Strictly Spelthorne and the Get Active Scheme for children and young people who are trying to maintain a healthy weight.

For more information and upcoming projects visit www.spelthorne.gov.uk/getactivespelthorne. Alternatively contact Leisure Services on:

01784 446433

or e-mail leisure@spelthorne.gov.uk



Focus on: Spelthorne Walking for Health Scheme



Short walks between 1-4 miles for adults in Spelthorne and the surrounding area. All walks are designed for beginners or those who want to become more active.

There are three daytime weekday walks of varying lengths each week throughout the year and occasional Saturday walks and evening walks in the summer.

All walks are led by experienced volunteers. There is always a front and back leader to ensure that all walkers can take part at their own pace. If there is a café or pub nearby, leaders and walkers often stop for a drink and a chat after the walk. Everyone welcome!!

Further information, programmes and registration forms are available from Leisure Services on:

01784 446433

or e-mail leisure@spelthorne.gov.uk