

Working together to Get Oxfordshire Active

ACTIVE
Women



May
2014

Back to Netball

Tuesdays, 7 - 8pm Beginners

Tuesdays, 8 - 9pm Advance
£3.50 per session

Contact Paula on 07912617274 or
Luna_p69@hotmail.com

Community Arena, Marston.

This session is suitable for back to netballers and those who want to play social matches. Sessions include, game play fitness and lots of FUN!!

FREE Beginners jogging groups

Wednesdays, 10 – 11am

Meets at the Garden Café, Cowley Road

Mondays, 10 – 11am

Meets at the playground in Hinksey Park,
Abingdon Road

Contact: t: 01865 252720

e: sportsdevelopment@oxford.gov.uk

These friendly jogging groups are perfect for beginners or those returning to exercise. All runs are led by qualified jog leaders and are taken at a steady pace to suit all abilities.

Bootcamp - push yourself further with this FUN total body workout.

Saturdays, 9.30 - 10.30am

Horspath Village Hall

£5 per session or £25 for 6 sessions

Contact Tara: 07500 870638

Mother and Toddler Learn to Skate

Fridays, 10 – 11.30am

Oxford Ice Rink

£4 per session for both mother & toddler an
additional £2 for every extra child

Contact: 0844 8933 222

This session is for both mother & toddlers. Get tips from our qualified coach and also play with the penguins, ice hockey sticks, goals, sledges, cars and other toys. The session combines play & learning to feel confident on the ice.

Put on your dancing shoes

Zumba! Shrink everything but your smile.

Mondays, 7 – 8pm

Barton Neighbourhood Centre, OX3 9LS

£3 per session

Contact: 07407 235822

Fridays, 9.15 – 10am (term time only)

Marston & Northway Children's Centre, OX3 0AY

£15 for 5 sessions or £3.50 per session (priority is given to those that block book).

FREE crèche for 0 – 5 years – book one week in advance!

Contact: 01865 767460

**For information on any of these activities
or to book a place please contact:**

Vicki Galvin T: 01865 252720

E: vgalvin@oxford.gov.uk

Tennis coaching for beginners & improvers

Tuesdays, 9.30am (term time only)

Bury Knowle Park Tennis Courts
£4 per session – equipment included

Fridays, 1.30pm (term time only)

Botley Park Tennis Courts (behind West Oxford Community Centre)
£4 per session – equipment included

Contact: 07747 026377 or
noltcompetitions@gmail.com

Whether you are dusting off your racket, or picking one up for the first time, these sessions are perfect for women of all standards (aged 16+). Our friendly coach will have you playing like a pro in no time!

Fun Fitness Tennis – a great workout!

Tuesdays, 10.30am (term time only)

Bury Knowle Park Tennis Courts
£3.50 per session – equipment included

Contact: 07747 026377 or
noltcompetitions@gmail.com

Enjoy a workout with some tennis thrown in for fun. No tennis skills or experience required you just need to be up for having a good time. For women aged 16+.

Enjoy tennis with Premier Tennis

Premier Tennis are offering a range of fun and affordable tennis sessions on Oxford's tennis courts until March '15. Sessions include; organised play, coaching, cardio tennis, mums and kids activities and more.

Session prices range from £3.50 - £5 per session

For a full timetable of sessions and more info visit
www.tennisoxford.com

Buggyfit – enjoy a workout with your little one!

Monday, Wednesday and Friday

Bury Knowle Park, South Park and University Park

£45 for 10 sessions (discounts available for low income families).

For more info contact Anne:
e: a.ridgway@hotmail.co.uk m: 07814066925

The following sessions take place at Blackbird Leys Leisure Centre, OX4 6JL

Contact: 01865 467020
£5.80 per session (unless stated otherwise) - discounts available for Bonus concessionary members

Body Jam - a mixture of dance and aerobics to keep you fit.

Tuesday & Thursdays, 8 - 9pm

Family Badminton - have a smashing time with all the family.

Tuesdays, 7 - 8 pm

Adult - £3.30, Junior - £2.30 – discounts available for Bonus concessionary members.

High Intensity Interval Training - a full body cardio workout of super intense work with low intensity short recovery.

Wednesdays 6 – 7pm

Total Body Conditioning - get the body you've always dreamed of and work up a sweat.

Sundays, 11am- 12noon

Zumba a fun dance inspired workout that will leave you wanting more!

Fridays, 6 - 7pm

The following sessions take place at Temple Cowley Pools and Fitness Centre, OX4 2EZ

Contact: 01865 467124
£5.80 per session (unless stated otherwise) - discounts available for Bonus concessionary members

Body Conditioning - get the body you've always dreamed of and work up a sweat.

Mondays, 1 – 2pm

Circuits - enjoy a great workout offering a range of exercise stations to challenge you.

Tuesdays, 1 - 2pm Female only session

Boxercise – unleash your fighting spirit with this boxing inspired workout.

Tuesdays, 6 -7pm Female only session