

ACTIVITIES FOR WHICH YOU HAVE TO PAY

AGE UK CLASSES, DANCE, KICKABOUT, YOGA, WALKING FOOTBALL, ZUMBA/PILATES

£: check fees or subscriptions when you make contact

AGE UK BICESTER CLASSES: contact: 01235 849403 to check - Mondays Strength and Balance for over 60s. Two sessions in the Bicester Methodist Church Hall.

DANCE CREATIVE:

Different levels: 07815 120727 Caroline Moss
info@dance-creative.co.uk <https://dance-creative.co.uk/community-work>
Free home pack with exercise booklet and link to online tutorial also available.

EASY DANCE FITNESS:

07801 896295 Ros White various classes, days and times some online too.
www.realresultslifefitness.co.uk

KICKABOUT:

Friday evenings Ages 18-51: 07795 176906 Dan or bicesterkickabout@gmail.com

YOGA: there are different levels, places and £s for you to ask about:

1. www.yogabeing.co.uk : 07917 53224 Elaine Whittaker or elaine@yogabeing.co.uk
2. Kristina Green Yoga: 07595 587784 Kristina Green or kristinagreenyoga@gmail.com
3. Felicity Wood: 07980 304590 or felicity@felicitywood.co.uk

ACTIVITIES FOR WHICH YOU HAVE TO PAY

WALKING FOOTBALL: Bicester Fossils walking football club. Fridays separate 1 hr. sessions for men over 50 and for women over 40.
Contact: stevempayne1@gmail.com
aliepayne1@gmail.com, terryhealy3@gmail.com

PLACES IN BICESTER where different physical activities are held: £

Bicester Leisure Centre: Queens Avenue Bicester OX26 2NR: 01869 253914

Bicester Methodist Church Hall: Bell Lane Bicester OX26 6JQ: entrance behind the church

Chesterton Community Centre: 2 Geminus Road Chesterton OX26 1BJ: 07526 732115

Clifton Centre: 23 Ashdene Road Bicester OX26 2BH

East Bicester Community Centre: Keble Road Bicester OX26 4TB: 07934 4270291 OR

www.facebook.com/BicesterEast

Kingsmere Community Centre: Whitelands Way Bicester OX26 1 EG: 0333 555 6789

<https://www.facebook.com/KingsmereCommunityCentre>

West Bicester Community Centre: Shakespeare Drive Bicester OX26 2GJ: 07845 787885

Whitelands Farm Sports Centre: Whitelands Way Bicester OX26 1AJ: 01869 814327



ONE STEP AT A TIME



A GUIDE TO PHYSICAL ACTIVITIES

FREE or for a small charge
at home or in the area
on your own or with others



*This leaflet is one of the projects by the **Bicester Health Centre PPG** to help practices and patients in the Bicester Area.*

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MOSTLY FREE ACTIVITIES AT HOME

Exercise using information from your GP or physiotherapist and/or the THREE links below FREE except items SHOWN IN RED £ ONLINE/PHONE LINKS

1) www.nhs.uk/conditions/nhs-fitness-studio to choose exercise videos to try or which go with your existing exercise programme.

2) www.generationgames.org.uk
01235 849403: A free DVD for exercises at home. £ Online classes: Tai Chi, Yoga poses with Pilates breathing; please phone.

3) www.getoxfordshireactive.org/move-together

01295 221715 Laura Thomas
Downloadable exercises at home
laura.thomas@cherwell-dc.gov.uk
Also details of £ groups/classes

ACTIVITIES OUTSIDE with other people in a small group - become more confident

FOR ALL WALKS & OUTSIDE ACTIVITIES
Wear suitable footwear & clothing; take a stick if you need one. Take water too, if a longer walk.

RAMBLERS WELLBEING WALKS IN CHERWELL

Short accessible walks to help you get more active
beta.ramblers.org.uk/go-walking/wellbeing-walks Contact: 01295 221980
NO joining fee to the Ramblers organisation.

RAMBLERS

Contact: 07915 331443 Russell Thompson
www.ramblers-oxon.org.uk/bicester-kidlington.html
£ Membership required

MOSTLY FREE ACTIVITIES OUTSIDE

MARSH GIBBON WEEKLY WALK

Mondays – 10.15 ready to walk at 10.30.
60-90 minutes. Free Parking
Meet outside United Reform Church, Tompkins Lane, Marsh Gibbon, OX27 0EX
Contact: Fiona Broadbent 07802 260812
simplywalks@buckinghamshire.gov.uk

BICESTER GREEN GYM

Outside conservation work at your own pace. Skills taught and tools provided. Tuesday am, various places e.g., Bure Park, Langford village.
Car sharing if going outside Bicester
Contact: bigreengym@gmail.com
Website: www.bicestergreengym.org.

BICESTER PARK RUN

Saturdays 09.00 A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!
See website: parkrun.org.uk/bicester for route in Langford Fields, Langford Village, Bicester, OX26 6SX. You must register!!!
parkrun.org.uk/register/?eventName=bicester

BICESTER SOCIAL CYCLING

Contact: 07974 821009
Wednesdays 09.30 Meet outside The Lamb pub in Sheep Street
Cycling and coffee - Distance variable

BREEZE CYCLING OPPORTUNITIES FOR WOMEN

Follow the link below to see what is available in Bicester area.
<https://www.cherwell.gov.uk/info/3/leisure-and-culture/828/british-cycling-opportunities/2>

MOSTLY FREE ACTIVITIES OUTSIDE

BICESTER NEIGHBOURHOOD GREEN SPACES

Whenever you want to go; you will see people walking slowly or jogging or perhaps running. You do what you feel you can. **Where:** Bure Park, Shakespeare Drive, Southwold, Pingle Field, Garth Park, alongside the new Sports Village at Whitelands Farm Sports Ground, Jubilee Lake, Langford Community Orchard, Langford Village, Launton Meadows.

BICESTER BLUE LINE HEALTH ROUTES and Historic guide to Bicester Town Centre

Blue Line health routes: THREE 5Km routes - For maps to follow the BLUE lines:
cherwell.gov.uk/downloads/237/walking
Historic Walking guide to Bicester Town Centre: 1.5km only 15-20 minutes:
cherwell.gov.uk/info/237/walking-and-cycling/653/bicester-historic-town-guide
Click 'Heritage Walk and town map' link to download map and route

BICESTER JOGGING & RUNNING OPPORTUNITIES

Getting £ started on a jog and a chat and for those already running regularly
www.cherwell.gov.uk/info/3/leisure-and-culture/556/running/3

NOTE: The information presented in this leaflet is provided in good faith and is accurate and reliable to the best of our knowledge and belief, but is not guaranteed to be so. It is the responsibility of the reader to verify the information and to establish the suitability of any activities. Nothing herein is to be construed as recommending any activity organiser or provider.