

ACTIVITIES FOR WHICH YOU HAVE TO PAY

AGE UK CLASSES, DANCE, KICKABOUT, YOGA, WALKING FOOTBALL

£: check fees or subscriptions when you make contact

AGE UK BICESTER CLASSES:

Contact: 01235 849403

Mondays 12-1:00 pm, Strength and Balance for over 60s at Bicester Methodist Church Hall.

DANCE CREATIVE

Tuesdays 1.30-2.30 + refreshments, At the Clifton Centre, Bicester. Check £ per session.

There is also an on-line possibility.

Contact: 07815 120727 Caroline Moss

dance-creative.co.uk/community-work/.

EASY FITNESS CLASSES:

Ros White and personal fitness video programmes online Contact: 07801 896 295

<https://realresultslifefitness.co.uk/>

BICESTER KICKABOUT – men's social football

<https://www.kickabout.website/>

Contact: 07724 871379

Email: bicesterkickabout@gmail.com

Whitelands Farm Sports Centre

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

ACTIVITIES FOR WHICH YOU HAVE TO PAY

WALKING FOOTBALL: Bicester Fossils Walking Football Club. Ladies' and men's sessions; please contact for days/times.

Contact: stevempayne1@gmail.com

aliepayne1@gmail.com

www.facebook.com/groups/396458010831424/

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 Rd Bicester OX26 2BH

East Bicester Community Centre: Keble Road

Bicester OX26 4TB: 07934 4270291 or

Email: becahire@gmail.com

www.facebook.com/BicesterEast

Kingsmere Community Centre: Whitelands Way

Bicester OX26 1 EG: 0333 555 6789

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

Edition 5: February 2024

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

Choose from several exercise videos to try yourself or add to your existing 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

A variety of physical activities are suggested at different levels. ☎ 01295 221575

Details of £ different 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 needed. Take water if a longer walk.

RAMBLERS WELLBEING WALKS IN CHERWELL

www.beta.ramblers.org.uk/go-walking/wellbeing-walks

Short accessible walks to help you get more active. No joining fee for beta-ramblers.

www.ramblers-oxon.org.uk/bicester-kidlington.html

Contact: 07915 331443 Russell Thompson. Details of dates online. £ for membership Also - new a monthly SHORT 2-mile walk around Bicester. This is a "Coffee Morning Walk" on a Friday.

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: bicgreengym@gmail.com

Website: www.bicestergreengym.org.

BICESTER PARKRUN

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. Email bicester@parkrun.com

You must register!!!

parkrun.org.uk/register/?eventName=bicester

BICESTER SOCIAL CYCLING

View the Facebook page and sign up to the group.

www.facebook.com/groups/1612048315692401

BICESTER MILLENNIUM CYCLE CLUB

Start with a taster ride from Bicester Leisure Centre 9am on 4th Saturday of the month (spring-autumn).

Email membership@bmcc2000.com

www.bmcc2000.com/bmcc-all-rides/

www.facebook.com/groups/bmcc2000

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.

WALKING IN BICESTER

LANGFORD

www.cherwell.gov.uk/directory-record/5321/bicester-langford-health-route

West BICESTER

www.cherwell.gov.uk/directory-record/5320/bicester-west-health-route

Northeast BICESTER

www.cherwell.gov.uk/directory-record/5322/bicester-north-east-health-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.