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| **Area** | **Name of Session** | **Day** | **Time** | **Venue** | **Cost** | **Gender** | **Comments** |
| **EXERCISE AND FITNESS** |
| Castleton | Zumba® Basic | Mondays | 10.30am-11.30am | St Martin’s Church | £2.50 | Mixed |  |
| Littleborough | Gentle Keep Fit | Mondays | 11am-12 noon | Littleborough Sports Centre | £2.50 | Mixed | Pre-booking recommended |
| Rochdale | Zumba® Basic | Mondays | 10.30am-11.30am | Christ Church Healey | £2.50 | Mixed |  |
| Middleton | Cardio Club/Zumba | Mondays | 6pm-7pm | Bowlee Park Sports Centre | £2.50 | Mixed | 90’s music dance class with glow sticks |
| Milnrow | Zumba®  | Mondays | 6.30pm-7.30pm | Milnrow Working Mens Club | £2.50 | Mixed | Venue has one flight of stairs, no lift |
| Middleton | The Best of the 50’s & 60’s | Mondays | 6.30pm-7.30pm | Stanycliffe Social Centre | £2.50 | Mixed |  |
| Middleton | Yoga | Mondays | 7pm-7.45pm | Bowlee Park Sports Centre | £2.00 | Mixed |  |
| Milnrow | Cardio Combat | Mondays | 7.30pm-8.30pm | Milnrow Working Men’s Club | £2.50 | Mixed |  |
| Middleton | Indoor Cycling | Tuesdays | 6.45am-7.30am | Middleton Arena | £2.50 | Mixed | Pre-booking recommended |
| Rochdale | Over 50’s Sport & Fun | Tuesdays | 9am-12 noon | Rochdale Leisure Centre | £3.85/4.25 | Mixed | Includes tea and coffee |
| Heywood | Zumba® Basic | Tuesdays | 10.30am-11.30am | Heywood Civic Centre | £2.00 | Mixed | Pre-booking recommended |
| Deeplish | Zumba® Basic | Tuesdays | 10.20am-11.20am | St Luke’s Church | £2.50 | Ladies Only |  |
| Middleton | Legs Bums Tums | Tuesdays | 6pm-7pm | Bowlee Park Sports Centre | £2.50 | Mixed |  |
| Castleton | The Best of the 50’s & 60’s | Tuesdays | 1.30pm-2.30pm | St Martin’s Church | £2.50 | Mixed | Venue has one flight of stairs, no lift |
| Heywood | Short Tennis & Table Tennis | Tuesdays | 12noon-1pm | Heywood Sports Village | £2.50 | Mixed |  |
| Heywood | Cardio Club | Tuesdays | 6pm-7pm | Heywood Civic Centre | £2.50 | Mixed | Pre-booking recommended |
| Middleton | Legs Bums Tums (Beginners) | Tuesdays | 7pm-8pm | Bowlee Park Sports Centre | £2.50 | Mixed |  |
| Rochdale | Salsacise | Wednesdays | 10am-10.45am | Rochdale Leisure Centre | £2.55 | Mixed | Pre-booking recommended |
| Heywood | Zumba® Basic | Wednesdays | 10.30am-11.30am | Heywood Civic Centre | £2.00 | Mixed | Pre-booking recommended |
| Castleton | Zumba® Basic | Wednesdays | 10.30am-11.30am | St Aidan’s Church | £2.50 | Mixed |  |
| Heywood | Fun Dance | Wednesdays | 12.15pm-1.15pm | Heywood Civic Centre | £2.00 | Mixed | Pre-booking recommended |
| Heywood | Tai Chi | Wednesdays | 12.30pm-1.15pm | Heywood Sports Village | £2.50 | Mixed | Pre-booking recommended |
| Milnrow | Yoga | Wednesdays | 5.45pm-6.45pm | Milnrow Working Men’s Club | £2.50 | Mixed | Venue has one flight of stairs, no lift |
| Heywood | Cardio Combat | Wednesdays | 6pm-7pm | Heywood Civic Centre | £2.50 | Mixed | Pre-booking required |
| Middleton | Zumba®  | Wednesdays | 6.30pm-7.30pm | Bowlee Park Sports Centre | £2.50 | Mixed |  |
| Heywood | Pilates | Wednesdays | 7pm-8pm | Heywood Civic Centre | £2.50 | Mixed | Pre-booking recommended |
| Middleton | Pilates | Wednesdays | 7.15pm-8.15pm | Middleton Popstars Academy | £2.50 | Mixed |  |
| Littleborough | Zumba® Basic | Thursdays | 10am-11am | Littleborough Sports Centre | £2.50 | Mixed | Pre-booking recommended |
| Heywood | Zumba® Basic | Thursdays | 10.30am-11.30am | Heywood Civic Centre | £2.00 | Mixed | Pre-booking recommended |
| Rochdale | Zumba® Basic | Thursdays | 11am-12 noon | Rochdale Unitarian Church | £2.50 | Mixed |  |
| Smallbridge | Gentle Exercise | Thursdays | 12noon-1pm | Smallbridge Library | FREE | Mixed | Pre-booking required |
| Kirkholt | Zumba Basic | Thursdays | 1.30pm-2.30pm | The Strand Hub | £2.50 | Mixed |  |
| Rochdale | Pilates | Thursdays | 1.30pm-2.15pm | Rochdale Leisure Centre | £2.55 | Mixed | Pre-booking recommended |
| Middleton | Cardio Combat | Thursdays | 5.45pm-6.45pm | Bowlee Park Sports Centre | £2.50 | Mixed | Cardio, strength, free-weights session |
| Middleton | Zumba®  | Thursdays | 6pm–7pm | Middleton Cricket Club | £2.50 | Mixed | Pre-booking recommended |
| Heywood | Zumba®  | Thursdays | 6pm-7pm | Heywood Civic Centre | £2.50 | Mixed | Pre-booking recommended |
| Middleton | Fun Dance | Thursdays | 6.30pm-7.30pm | Alkrington Community Centre | £2.50 | Mixed |  |
| Heywood | Yoga | Thursdays | 7pm-8pm | Heywood Civic Centre | £2.50 | Mixed | Pre-booking recommended |
| Middleton | Bowlee Circuit Training | Thursdays | 7pm-8pm | Bowlee Park Sports Centre | £2.50 | Mixed | Pre-booking recommended |
| Rochdale | Ab Attack | Fridays | 11.15am-12 noon | Rochdale Leisure Centre | £2.55 | Mixed | Pre-booking recommended |
| Rochdale | Pilates | Fridays | 5.15pm-6pm | Rochdale Leisure Centre | £2.55 | Mixed | Pre-booking recommended |
| **NETBALL** |
| Heywood | Walking Netball | Mondays | 12pm-1pm | Heywood Sports Village | £2.50 | Mixed |  |
| Middleton | Back 2 Netball | Mondays | 6.30pm-7.30pm | Bowlee Park Sports Centre | £2.50 | Mixed |  |
| **BADMINTON (No booking required, just turn up, Co-ordinator at most sessions, we have equipment)** |
| Littleborough | No Strings | Mondays | 7:30pm – 9pm | Littleborough Sports Centre | £3.00 | Mixed |   |
| Heywood | No Strings | Tuesdays | 5.30pm – 7pm | Heywood Sports Village | £2.50 | Mixed |  |
| Rochdale | No Strings | Wednesdays | 6:30pm – 7:30pm | Rochdale Leisure Centre | £3.05 | Mixed |  |
| Littleborough | No Strings | Thursdays | 7.30pm-9pm | Littleborough Sports Centre | £3.00 | Mixed |  |
| **WALKING/RUNNING** |
| Littleborough | Watergrove parkrun | Saturdays | 9am | Watergrove Reservoir | FREE | Mixed | www.parkrun.org.uk/watergrove |
| Pennines | Fortnightly Over 50’s Walks | Various Fridays | 10.30am | Hollingworth Lake Visitors Centre | £1.00 | Mixed | Pre-booking. Includes refreshments |
| **FOOTBALL** |
| Littleborough | Walking Football | Tuesdays | 10am-11.30am | Littleborough Sports Centre | £2.50 | Mixed | Includes refreshments |
| Rochdale | Walking Football | Thursdays  | 9-10am | Rochdale Leisure Centre | £1.70 | Mixed |   |
| Rochdale | Walking Football | Thursdays | 10am-11am | Rochdale Leisure Centre | £1.70 | Mixed |  |
| Littleborough | Walking Football | Fridays | 10am-11.30am | Littleborough Sports Centre | £2.50 | Mixed | Includes refreshments |
| **SWIMMING** |
| Rochdale | Adult Swim session | Weds, Thurs, Fri | 9pm-10pm | Rochdale Leisure Centre | £2.55 | Mixed | Pre-booking required |
| Rochdale | Aqua Relax (Dementia Friendly) | Monday | 3pm-3.45pm | Rochdale Leisure Centre | £2.65 | Mixed | Pre book via Sue on: 07976 539 531 |
| Heywood | Aqua Relax (Dementia Friendly) | Tuesdays | 3pm-3.45pm | Heywood Sports Village | £2.50 | Mixed | Pre book via Sue on: 07976 539 531 |
| Middleton | Aqua Relax (Dementia Friendly) | Thursdays | 3pm-3.45pm | Middleton Arena | £2.50 | Mixed | Pre book via Farah on: 07976 708 898 |