

LOCAL EXERCISE GROUPS- LAUNCESTON

Launceston Healthwise Club:

- Strength and balance exercise class for older adults.
 - Specialise in people with cardiac and lung problems but also great for general conditioning.
 - Launceston Town Hall. Thursdays, 9.45-11am & 11.15am-12.30pm. £5 per session.
- Contact for further info: Mel Weldon- 07967790458 or healthwise2013@talktalk.net

University of the 3rd age:

- For retirees, aged 50-80+. Run a variety of social/activity/exercise groups.
- Stretch and Relax gentle exercise class: Monday afternoons at Launceston cricket club
- Dance group: Alternate Thursday mornings
- Walking groups: Amblers 1-3 miles, Strollers 4-6 miles, more advanced walking groups
...plus table tennis, badminton, cycling groups and more.
- Cost: £9 annual joining fee. Groups vary but usually £2-3 per session
- Contact: Hugh Beswetherick (Secretary) 01840 269025 or email on launu3a.sec@gmail.com
or drop-in coffee morning last Friday each month 10.15am, Central Methodist Hall.

BIMBO (Bones In Mind Beating Osteoporosis):

- Gentle exercise class organised by and for older people with and without osteoporosis.
- Mondays 2-4pm or 9.30am (not bank holidays). South Petherwin Village Hall.
- Contact to check details of time: Vi Brook 01566 779243

Tai Chi:

- Lifton Community centre. Thursdays 10.30am-12.00. £3.00 per session
- Contact: Mandy Moor- 01837 871147/07765653896 or email- info@westdevontaichi.co.uk
- Launceston- St. Mary's church hall. Tues 7 & 8pm, Weds 10 & 11am. £7 per class.
- Contact: Phil Wright- 07891188813 or email- vitaltaichi@gmail.com

Low Impact Zumba:

- Low level aerobics set to a variety of music. For a range of ages and abilities.
 - Every Tuesday, at the Ambulance Hall in Launceston, 10-10.45am.
- Cost: £5 per session. Attend 10 and get a session free.
- Contact for further info: lizlazenbury@gmail.com

Pilates:

- North Cornwall Pilates- Mondays, 9.30-10.30am, Launceston Golf club.
- Prebooking required. £8-9 per session. Contact Martin Brooks 07812959879 or martin@northcornwallpilates.co.uk

- Rachel Medland- Thursdays, 6.15 & 7.15pm at Upton Cross Village Hall. £8 per session.
- Monday evening at Central Methodist Hall, Launceston.
- Contact: Rachel on 07775922745 or Marlene at PhysioFix on 01566 774359

Yoga:

Launceston Yoga- Various local classes on Mon, Tue & Thurs. £6.50-£10 per class.

Further info: www.yogalaunceston.co.uk, 07821 636929 or emma@yogalaunceston.co.uk

Satya Yoga Cornwall- Wednesdays at St Thomas Church Hall, Launceston.

Holistic yoga, Pregnancy yoga, Mother & Baby yoga. £6.50-8 per session.

Contact for further info: Ruth Heard 07500439670 or ruthheard108@gmail.com

Penny Steventon- Mon, Tue & Weds. British Legion, Launceston or Ashwater Parish Hall.

Further info: 07850247005 or penelopesteventon@hotmail.com

Table Tennis Club:

-For all ages. At The Gateway Centre in Launceston, next to the library. Wednesdays 7-9pm.

Cost: £3 per session. Contact for further info: Lois Atkins- 01566 777157

Liberty Fitness:

-Ladies only gym with various classes: Zumba, Tuesday & Thursday 11.30am-12
Balance and strength, Tuesdays 9-10am & 5-6pm
Senior men's circuit class, Thursdays 1-2pm

Contact for further info: info@liberty-fitness.co.uk or call 01566 775331/07912 873824

Funkyfit Launceston:

-Pilates fusion: Launceston town hall, Mondays 7-8pm
Lifton community centre, Wednesdays 8.30-9.30pm

-Aerobics: Lifton community centre, Thursdays 7pm

-Drumming fitness: Launceston town hall, Mondays 6pm

Cost: £5 per session- no booking required

Contact for further info: 01566 780401/ 'Funkyfit launceston' on Facebook

Boogie Bounce:

Trampoline based exercise classes at Activ8 gym, Pennygillam industrial estate.

Mondays, 7pm; Tuesday and Wednesday, 6.30pm.

Cost: £6.50 or block booking available

Contact for further info: 07794488729/ 'Boogie bounce Launceston' on Facebook

Better- Launceston Leisure Centre:

Various exercise classes: Total body conditioning, Core stability, Pilates, Water workout,
Group cycling, Circuits, Extreme interval fitness

Further info: www.better.org.uk/leisure-centre/cornwall/launceston-leisure-centre

Priority1 Fitness:

-Gym with various exercise classes including:

Kettlercise/ Boxercise/ Combat MX, Swiss ball class, Circuits, Studio cycle.

Contact for further info: priority1fitness10@gmail.com or call 07340260524