

GET ACTIVE

Sports development news from Plymouth City Council



PLYMOUTH
CITY COUNCIL

ACTIVE MUMS

The Sports Development Unit is working in partnership with Everyone Active to encourage more people to be active; we support the Active Mums Programme at the Plymouth Life Centre, enabling people the opportunity to take part in a class for just £2.

*These sessions are aimed specifically at people with small children who are looking to get active and meet like-minded people. The activities included either involve the child or run alongside our crèche's opening hours so there really are no excuses not to get active. All sessions are based on activity, not competitive sport and have a high social element to them. Dads and other carers are welcome too

BOUNCE FIT

Thursday 09.30am (16+ years)

A fitness based trampoline session, suitable for all abilities who want a bit of fun whilst getting fit.

Creche available Monday – Friday 09.00 – 13.00

MUMMYCISE

Wednesday 09:30am

Friday 11:30am

A fun fitness session you can take part in with your child. Enjoy getting back into shape without having to leave your baby and use them as a wriggly fun weight during the class. Hot drink included.

BUGGY FIT

Monday and Friday 09.30am

A power walk pushing your buggy around the park, incorporating gentle exercises. Suitable for parents and babies (6+ weeks)*. The session will be held indoors if the weather isn't suitable so there is never a reason to skip a session.

*8 weeks for mums who have had a caesarean section. Hot drink included

FIT-NASTICS

Monday 11.30am

Calling all fitness fans: Fitnastics, a class focusing on core strength and gymnastics training will help you give extra bounce and stretch to your fitness programme! This class starts with a 15-minute warm-up, then leads you through a range of gymnastics skills to improve your overall fitness and flexibility. We end with a gentle cool down with further stretches that you can do at home in your own time too. Fitnastics is a friendly class for men and women aged over 16, where your coach helps you achieve your own fitness goals, within the gymnastics environment. All levels welcome, the idea is to keep fit and have fun while tumbling on the air track, bouncing over boxes, rolling on mats, and balancing on a beam.

WALKING NETBALL

Monday 7pm

A slowed down version of the game designed for anyone looking to exercise in a relaxed, supportive and friendly environment. A game of walking netball is for all ages and abilities and every session involves a gentle warm up.

All classes are for adults 16 + and are suitable for all abilities, everyone is welcome!

For more information and to book a place please ☎ 01752 307008

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