Seated Exercise sessions

Woodside House, Bridge Road, Welwyn Garden City AL8 6UL
Tuesday | 2pm-3pm

Free sessions designed for individuals over 55 wanting to improve their strength and balance. To book, call **07779 095923**.

Seated Exercise sessions

Hollier Court French Horn Lane, Hatfield AL10 8BX
Thursday | 10am-11am

Free sessions designed for individuals aged 50-80 wanting to improve their strength and balance. To book, call **07779 095923**.

Strength and Balance classes

Hatfield Hyde Cricket Club, Beehive Lane, Welwyn Garden City AL7 4BP
Thursday | 10.30am-11.30am

Aimed at the over 55s, these free sessions are designed for individuals wanting to improve their strength and balance. To book, call **07930 302102** or email **community@stevenagefcf.com**

Strength and Balance classes

Methodist Church, 149 Ludwick Way, Welwyn Garden City AL7 3PN
Friday | 10am-11am

Aimed at the over 55s, these free sessions are designed for individuals wanting to improve their strength and balance. To book, call **07930 302102** or email **community@stevenagefcf.com**

WE CAN Cancer Rehabilitation sessions

Woodhall Community Centre, Mill Green Road, Welwyn Garden City, AL7 3XD
Friday | 5.30pm-7pm

Free exercise rehabilitation programme for people aged 18+ living with and beyond cancer. Group social with refreshments after the class. To book, email **info@medialiswellbeing.co.uk**

Yoga

Campus West, Welwyn Garden City AL8 6BX
Wednesday | 10am-11am

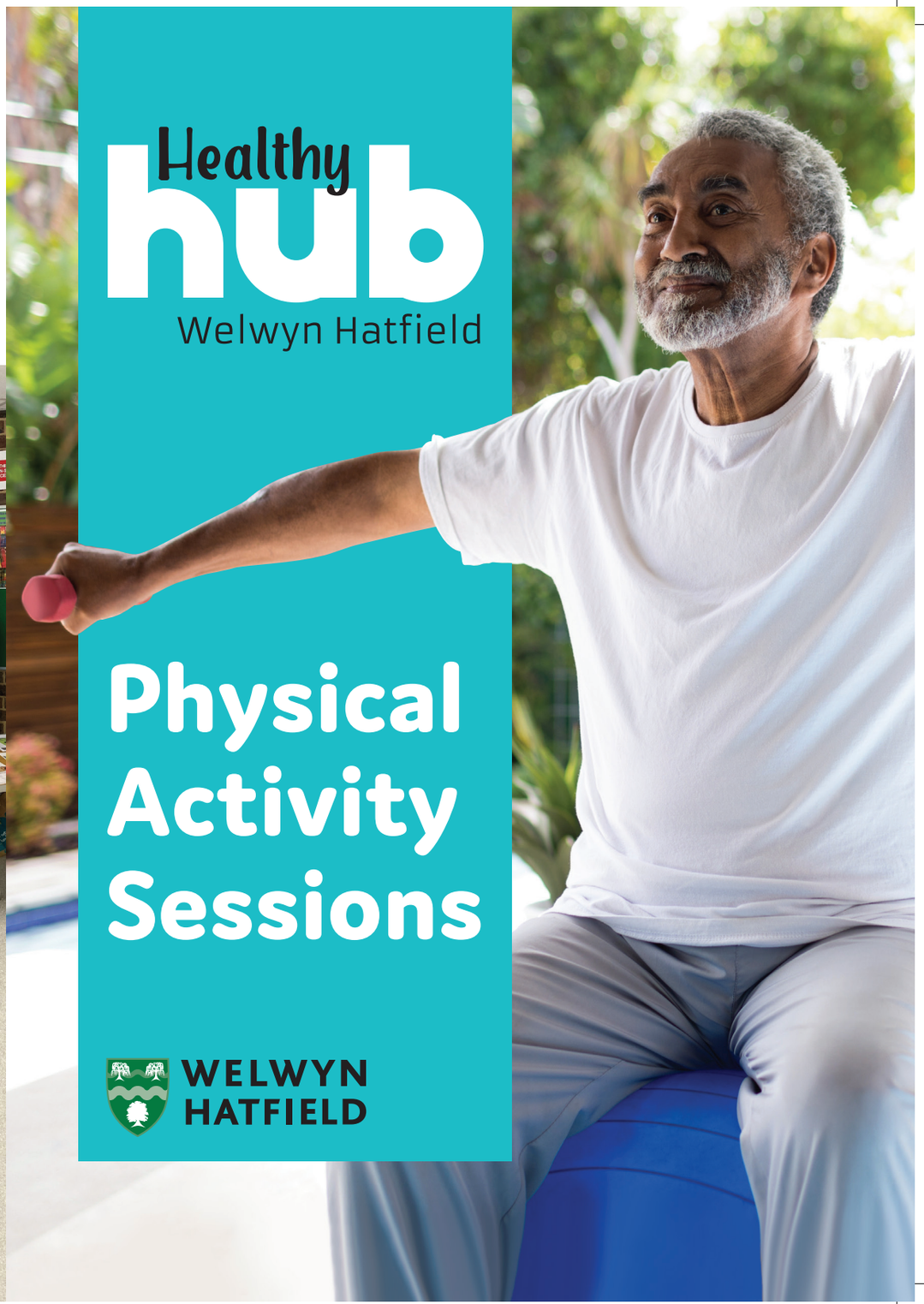
A gentle yoga class incorporating simple flowing sequences with slower paced movements focusing on alignment, strength, balance and flexibility. £8.00 per class (£6.80 with a Zebra membership card). Walk in or book ahead by calling **01707 357121**.



For further information about any of our **Physical Activity** interventions contact the **Welwyn Hatfield Healthy Hub** by calling **01707 357242** or emailing **healthyhub@welhat.gov.uk**
For more health and wellbeing information, scan the QR code above to visit the website **one.welhat.gov.uk/healthy-hub**

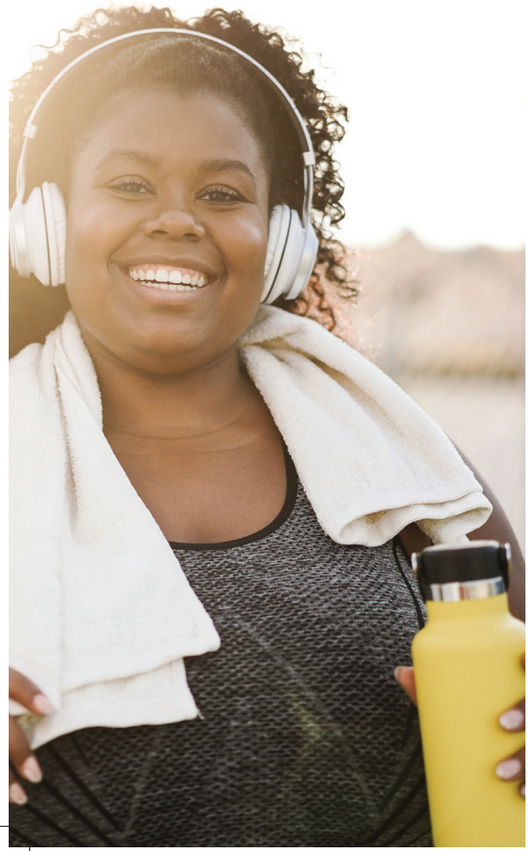
Healthy hub
Welwyn Hatfield

Physical Activity Sessions



WELWYN HATFIELD

Welwyn Hatfield Healthy Hub is funded by Hertfordshire County Council. It provides health and wellbeing support for individuals and their families, including: mental health, physical activity, weight management, smoking cessation, health MOTs and nutritional advice. There are many FREE and low cost physical activity sessions running across the borough. Why not come and try something new?



Boxing sessions

Ridgeway Academy, Herns Lane, Welwyn Garden City AL7 2AF
Tuesday | 6.30pm-7.30pm

New free boxing sessions for women 16+ open to all abilities whether you have boxed before or this is your first time. Places are limited so booking is essential. For more details or to book, email **sport@welhat.gov.uk**

Dance Fit

The Hive at The Jim McDonald Centre, High View, Hatfield AL10 8HR
Monday | 11am-12pm

The joy of dancing in an uplifting and positive environment! Start with a gentle conditioning warm up, followed by simple dance sequences to some classic songs. This class is specifically designed to improve mobility, posture, co-ordination and energy levels. Whether you're an experienced dancer or a complete novice, all abilities are welcome. £5 per class. Walk in or book ahead by calling **01707 270066** or emailing **sales@thehivehatfield.co.uk**

Dance Fit

Campus West, Welwyn Garden City AL8 6BX
Friday | 10am-11am

The joy of dancing in an uplifting and positive environment! Start with a gentle conditioning warm up, followed by simple dance sequences to some classic songs. This class is specifically designed to improve mobility, posture, co-ordination and energy levels. Whether you're an experienced dancer or a complete novice, all abilities are welcome. £8.00 per class (£6.80 with a Zebra membership card). Walk in or book ahead by calling **01707 357121**.

DOTS Mum & Baby Fitness class

The Hive at The Jim McDonald Centre, High View, Hatfield AL10 8HR
Monday | 2.15pm-3.15pm

Combining fitness, motherhood and fun, this class involves a full body workout with a mix of strength, conditioning and gentle cardio, and includes your child (up to age 4) in the exercises. Mum's will be required to have had their 6-week post natal appointment. £5 per class. Walk in or book ahead by calling **01707 270066** or emailing **sales@thehivehatfield.co.uk**

Falls Management

Birchwood Leisure Centre, Longmead, Birchwood, Hatfield AL10 0AN
Monday | 2.30pm-3.30pm

These free classes for the over 50s improve strength, stability and confidence in balance. To book, email **wellbeing@hatfield-herts.gov.uk**

Falls Prevention Judo

Hertfordshire Sports Village, de Havilland Campus, Hatfield Business Park, Hatfield AL10 9EU
Monday | 4.30pm-5.15pm

In addition to improving strength and balance, this free class aimed at those aged 50+ will target a reduction in 'fear of falling' which is known to be one of the greatest contributing factors to a fall. It also teaches individuals how to get up safely once they have had a fall. To book, email **admin@judospace.com** or just turn up.

FITCAMP

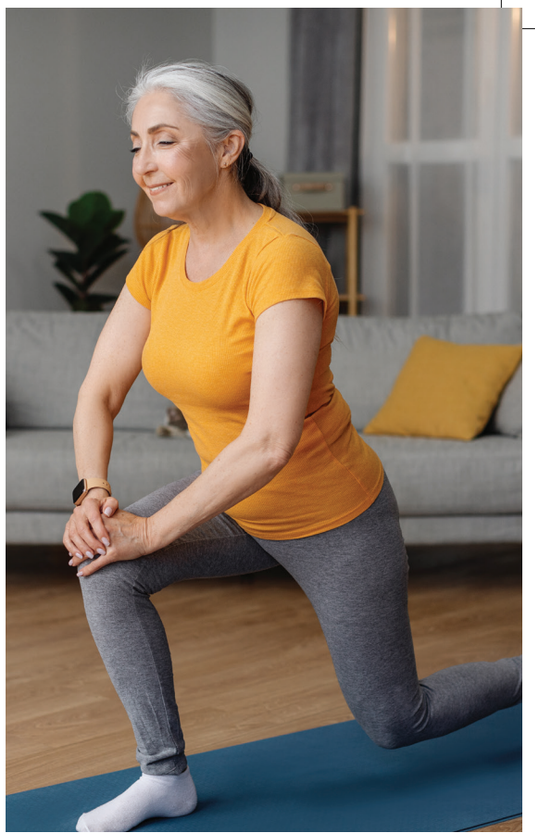
Hilltop Community Centre, Hatfield AL10 8JW
Monday | 6.30pm-7.30pm

We are a family-friendly community helping each other stay fit. Sessions are £5 each and comprised of HIIT-style workouts, positive vibes and good music. For more details or to book, call **01707 270066** or email **sales@thehivehatfield.co.uk**

Forever Cycling

Ludwick Way Methodist Church, 149 Ludwick Way, Welwyn Garden City AL7 3PN
Monday (every other week) | 10.30am-11.30am

Cycling sessions for the over 55s. Pedal away at your own pace while experiencing iconic places on the screen. £2 per session. To book, call **07538 706560**.



Forever Cycling

Jimmy Macs at The Hive, The Jim McDonald Centre, High View, Hatfield AL10 8HR
Thursday (every other week) | 10.30am-11.30am

Cycling sessions for the over 55s. Pedal away at your own pace while experiencing iconic places on the screen. £2 per session. To book, call **01707 270068**.

Get Social, Get Active

Hilltop Community Centre, Hatfield AL10 8JW
Thursday | 12.30pm-2pm

Free combined session for those aged 18+ consisting of general physical activity and social activities (craft and board games).
Tea and coffee included. To book, email **info@medialiswellbeing.co.uk**