

Community Class Timetable



Zumba Basic
10 - 11am
 Darnhill Library,
 Argyle Street,
 Heywood, OL10 3RY
 £3.20

Ballroom Dancercise
10.30 - 11.30am
 St Martin's Church,
 Castleton Vicarage Road North,
 Rochdale, OL11 2TE
 (Class is on 1st floor
 – no lift available)
 £3.20

Walking Netball
12 - 1pm
 Heywood Sport Village,
 West Starkey Street,
 Heywood, OL10 4TW
 £3.20

Quiz
7pm
 FREE online

No Strings Badminton
8 - 9.30pm
 Littleborough Sports Centre,
 Calderbrook Road,
 Littleborough, OL15 9JN
 £3.20

Over 50's Sport and Fun
9am - 12pm
 Badminton, Short Tennis
 and Table Tennis.
 Rochdale Leisure Centre,
 Entwisle Road,
 Rochdale, OL16 2HZ
 £5

Zumba Basic
12 - 1pm
 Heywood Sports Village,
 West Starkey Street
 Heywood, OL10 4TW
 £3.20

No Strings Badminton
6 - 7pm
 Heywood Sports Village,
 West Starkey Street,
 Heywood, OL10 4TW
 £3.20

Legs, Bums and Tums
6.15 - 7.15pm
 Stanycliffe Social Centre,
 Stanycliffe Lane,
 Middleton, M24 2PB
 £3.20

Stretch and Tone
7.15 - 8.15pm
 Stanycliffe Social Centre,
 Stanycliffe Lane,
 Middleton, M24 2PB
 £3.20

Fun Dance
10 - 11am
 Stanycliffe Social Centre,
 Stanycliffe Lane,
 Middleton, M24 2PB
 £3.20

Zumba Basic
11.30am - 12.30pm
 Heywood Sports Village,
 West Starkey Street,
 Heywood, OL10 4TW
 £3.20

Zumba Chair Gold
1.15 - 2pm
 Heywood Sports Village,
 West Starkey Street,
 Heywood, OL10 4TW
 £3.20

Chair Yoga
3.30 - 4.30pm
 Heywood Sports Village,
 West Starkey Street,
 Heywood, OL10 4TW
 £3.20

Yoga (term time only)
6 - 7pm
 Hollingworth Academy,
 Cornfield Street,
 Milnrow, OL16 3DR
 £3.20

No Strings Badminton
6.30 - 7.30pm
 Rochdale Leisure Centre,
 Entwisle Road,
 Rochdale, OL16 2HZ
 £3.20

Zumba (term time only)
7 - 8pm
 Hollingworth Academy,
 Cornfield Street,
 Milnrow, OL16 3DR
 £3.20



Best of 50's and 60's
9.45 - 10.45am
 St Martin's Church,
 Castleton Vicarage Road North,
 Rochdale, OL11 2TE
 (Class is on 1st floor
 – no lift available)
 £3.20

Zumba Basic
11am - 12pm
 Rochdale Unitarian Church,
 Clover Street,
 Rochdale, OL12 6TP
 £3.20

Zumba Gold Chair
1.15 - 2pm
 Rochdale Leisure Centre,
 Entwisle Road,
 Rochdale, OL16 2HZ
 £3.20

Yoga
6 - 7pm
 Heywood Sports Village,
 West Starkey Street,
 Heywood, OL10 4TW
 £3.20

Gentle Exercise
6 - 7pm
 Rochdale Leisure Centre,
 Entwisle Road,
 Rochdale, OL16 2HZ
 £3.20

Zumba Chair Gold
10 - 10.45am
 Littleborough Sports Centre,
 Calderbrook Road,
 Littleborough, OL15 9JN
 £3.20

Zumba Basic
1 - 2pm
 Darnhill Library,
 Argyle Street,
 Heywood, OL10 3RY
 £3.20

Class Descriptions

Ballroom Dancercise is a fun and low impact fitness class that combines the grace and rhythm of ballroom dancing with a cardiovascular workout

Best of the 50s & 60s is exercise to music generally from 1950's & 60's

Fun Dance is exercise to music, at a slower pace, relaxed and with an emphasis on fun. Suitable for beginners and those who lack confidence

Legs, Bums & Tums offers a lower body tone-up. This fun exercise class is set to music, and includes floor work and resistance bands

No Strings Badminton is a social badminton session where you can attend alone or with a friend

Over 50's Sport and Fun is short tennis, table tennis and badminton social sessions

Stretch and Tone is a class with low-impact flexibility and strength work, focusing on proper postural alignment, core strength and muscle balance

Quiz is 30 minutes of multiple-choice, online questions

Walking Netball is netball played at walking speed

Walks take place around the borough and are a great chance to socialise with others and enjoy the outdoors

Yoga class focussing on stretching and relaxation whilst developing strength, flexibility and balance in a supportive environment

Zumba is a faster, more energetic version of the Zumba Basic class, suitable for those with a greater level of fitness

Zumba Basic is easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination

Zumba Gold Chair is perfect for those with mobility or balance issues, young or old.

All sessions are fun, friendly and social. A great way to stay active and meet new friends. No membership is required, simply pay each time you attend. Pre-registering is required for all sessions.

To book,
 🌐 www.yourtrustrochdale.co.uk/community-sessions
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