Milton Keynes Council
Sports Development
Saxon Court
502 Avebury Boulevard
Milton Keynes
MK9 3HS

Further information

Vicki Clark
01908 253229
vicki.clark@milton-keynes.gov.uk

To add your activity to the next booklet please contact Sports Development using the details listed above.

www.reactivatebucks.org/miltonkeynes

Available in audio, large print, braille and other languages
01908 253562

M*****

Reactivate MK

Edition 13

May 2012 – August 2012

'Wayfarer racing at Haversham Sailing Club'

See inside for activities open to all adults regardless of age, fitness and ability

Reactivate MK

Welcome to the 13th Edition of Reactivate MK, here you'll find a whole variety of opportunities for getting active. If you have any questions regarding any of the activities in this booklet please get in touch with the contact person assigned to the activity.

The activities on the first eight pages of this booklet are funded and/or supported by Reactivate Milton Keynes, a project which aims to inspire adults to be more active. These activities are affordable, organised and fun, all ages, abilities and fitness levels are welcome, so let's give them a go! Any other activities outside of this project are of equal value to this resource.

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MK Leisure Centres & Pavilion's

Bletchley Leisure Centre 01908 377251
Courtside Sports and Fitness Facility 01908 688200
Leon Leisure Centre 01908 624725
Middleton Pool 01908 610477
Oakgrove Leisure Centre 01908 528852
Shenley Leisure Centre 01908 502488
Stantonbury Leisure Centre 01908 324466
Tattenhoe Pavilion.....01908 749038
Watling Way Centre and Pool 01908 562257
Woughton Leisure Centre……..01908 660392
Woughton on the Green Pavilion Centre……01908 665337

For other leisure facilities and community properties in and around Milton Keynes please visit for further details:

www.milton-keynes.gov.uk/leisure-facilities

Passport to Leisure (P2L)

The Passport to Leisure provides discounted access to a variety of leisure facilities and sports clubs in the Milton Keynes area.

For further details of whether you qualify and how to apply for the Passport to Leisure please visit your local leisure centre and ask at reception or view the website below:

www.milton-keynes.gov.uk/passporttoleisure

Activities for adults with disabilities (cont'd)

Activity	Day & Time	Location	Cost	Contact
Disability Badminton	Wednesdays 1pm – 3pm Call to inform of attendance	Bletchley Leisure Centre, Princes Way, Bletchley	£2 per hour	Karl White 01908 622938 karl.white@ mkdonsset.com
MK Dons Disability Football football training for adults with learning / physical disability	Thursdays 12pm - 1pm (Ladies only) 1pm - 4.30pm (3 adult sessions based on ability)	MK Dons Academy Dome, Woughton on the Green	£2 per hour	Karl White 01908 622938 07595 280612 karl.white@ mkdonsset.com
MK Dons Wheelchair Football	Thursdays 6.30pm – 7.30pm	Bletchley Leisure Centre	£4 per session	Karl White 01908 622938 07595 280612 karl.white@ mkdonsset.com
Disability Swimming floatation aids are available including sling or chair hoist	Fridays 3.30pm – 4.30pm	Middleton Pool, Tickford Street Newport Pagnell	£12 annual membership plus £2.15 each week (carers free)	Pool on: 01908 610477 or Jacky Starkey on 01908 639358
MK Dons Powerchair Football	Saturday's 12.15pm – 1.30pm	Bletchley Leisure Centre	£4 per session	Karl White 01908 622938 07595 280612
MK Dons Youth Disability Football Sessions (6 - 19 years)	Sundays 5pm - 8pm	MK Dons Academy Dome, Woughton on the Green	£2 per hour	Karl White 01908 622938 07595 280612 karl.white@ mkdonsset.com
Disability Snowsport	Monthly, contact for more details	Milton Keynes Xscape, SNOzone, CMK	Please contact for more details	Angus MacKay 07810 486273 dsukmkslope organiser@ hotmail.co.uk
Disability Waterbased Activties (sailing, canoe, rowing) **and Climbing**	Various, please contact for more details	Caldecotte Xperience, MK	Please contact for more details	01908 232042 caldecotte@ action4youth. org

MK Games

The MK Games presents a summer full of opportunities to be active and take part in something new this summer!

From 9th June to 22nd July the MK Games will offer opportunities for you to access a vast range of Olympic and Paralympic sports available in Milton Keynes, and find out about the local clubs and organisations that run these activities. You will be able to attend leisure centre and water sports centre open days, join in taster sessions, try out a Return to Sport courses, or take part in the Centre MK Games. So be inspired and get involved!

For full details visit: **www.mkgames.co.uk**

Olympic Torch Relay in MK

In the build up to the London 2012 Olympic Games, the Olympic Torch will be carried around the UK by 8,000 inspirational individuals.

On Monday 9th July, from 8.20am, the torch will travel through Central Milton Keynes and then Bletchley. For full route details please see: **www.milton-keynes.gov.uk/leisure-facilities/**

If you would like to be a part of the Olympic Torch Relay, we are looking for volunteers to be event marshals. As a marshal, we would expect you to provide encouragement to the Torch Bearers and make sure that spectators have a safe and positive experience. Previous experience of event marshalling would be advantageous but not essential. Applicants must be over 16 years of age.

If you are interested in being a volunteer for the event please email your name, address and contact number to the following: Lisa.Carvell@milton-keynes.gov.uk

Return to Sport Courses

These Return to Sport courses are structured beginner courses in a variety of Olympic sports, which are led by fully qualified coaches.

They are a great opportunity for those of you who would like to refresh yourselves on the rules and skills involved in these Olympic sports or if you would like to try something new.

Come along and take part in these courses to help you learn skills and be active in a fun environment.

Activity	Dates	Location	Cost
Tennis Xpress	Mondays 7.00pm – 9.00pm 6wks starting 11th June	Newport Pagnell Tennis Club	£24 for course
Fencing suitable for adults over 50yrs	Tuesdays 7.30pm – 9.00pm 6wks starting 12th June	Meet at Woughton Leisure Centre	£40 for course
Badminton suitable for adults over 50yrs	Wednesdays 6.30pm – 7.30pm Weekly sessions	Stantonbury Leisure Centre	£3 per week
Boxing	Thursdays 5.30pm – 6.30pm 6wks starting 14th June	Meet at Cottesloe Gym next to Woughton LC	£18 for course
Tennis Xpress	Fridays 6.30pm – 8.30pm 6wks starting 15th June	Olney Tennis Club	£24 for course

Booking is essential, please contact: Vicki Clark on 01908 253229 or email: vicki.clark@milton-keynes.gov.uk

25% discount is available for Passport to Leisure holders.

For further information join us on Facebook, search:
'Milton-Keynes Sports Development'

Disability Sports Activities for All Adults with Disabilities

These physical activities listed are ideal for adults of all ages with any disability or special need. They encourage mobility whilst having fun.

Please contact the appropriate organiser or centre listed for specific requirements or if you have any questions regarding the activity.

Activity	Day & Time	Location	Cost	Contact
Disability Swimming floatation aids are available including sling or chair hoist	Mondays 3.30pm – 4.30pm	Middleton Pool, Tickford Street Newport Pagnell	£12 annual membership plus £2.15 each week (carers free)	Pool on: 01908 610477 or Jacky Starkey on 01908 639358
Winslow Dons football for adults with learning difficulties	Mondays 4.30pm - 5.30pm	Astroturf at the Winslow Centre	£2 per session	Karl White 01908 622938 07595 280612 karl.white@ mkdonsset.com
MK Dons Impact Group Football for adults with mental health problems	Tuesdays 2pm – 3pm	MK Dons Academy Dome, Woughton on the Green	£2 per hour	Karl White 01908 622938 07595 280612 karl.white@ mkdonsset.com
MK Dons Disability Youth club (13 to 25 years)	Tuesdays 7.30pm - 8.30pm	MK Dons Academy Dome, Woughton on the Green	£2 per session	Karl White 01908 622938 07595 280612 karl.white@ mkdonsset.com
Line Dancing open to all adults with a learning disability	Wednesdays, 1.15am - 12.15pm (Term Time only)	Milton Keynes Dance Centre, New Bradwell	£3.50 per session	01908 227772 mail@mkdance .fsnet.co.uk
Walking Football	Thursdays 12noon – 1pm	MK Dons Academy Dome, Woughton on the Green, MK6 3EA	£2 per session	Karl White 01908 622938 07595 280612
Disability Boccia **(seated bowls)**	Wednesdays 1pm – 3pm Call to inform of attendance	Bletchley Leisure Centre, Princes Way, Bletchley	£2 per hour	Karl White 01908 622938 karl.white@ mkdonsset.com

Adult Sport Based Activities (Cont'd)

Activity	Day & Time	Location	Cost	Contact
Tennis…… allplay Initiative	You can search for a place to play or people who are looking for a game of tennis in your area, and even contact them to get started in the sport. It's all part of **allplay**, a national campaign brought to you by the Lawn Tennis Association, to help more people play tennis. www.facebook.com/BucksLTA			If you need help finding your local courts or somebody to play with, visit: www.allplay tennis.com
Last Man Stands T20 Cricket	**Last Man Stands** is a global 8 side amateur Twenty20 Cricket League. Each game is completed in just two hours and includes the excitement of T20 but with a twist. This is ideal for all looking for a quick, exciting way to play cricket. Why not get together with friends or colleagues and enter a team? Location: Woughton on the Green Sports Ground Cost: Teams pay an annual registration fee of £40 and players pay a match fee of £5 per game.			For more information or to register contact: Mark Skelton 01296 585556 MK@lastman stands.co.uk
Cycling….. Sky Ride Locals	The main **Sky Ride** city event is taking place in MK on 26th August, promoting city cycling in MK. To enhance your cycling skills smaller local groups will be available from June to September (including women only Breeze Rides). For more details see www.goskyride.com			Mark Howse 01908 254239 mark.howes@ milton-keynes.gov.uk

Other activities (All ages)

Activity	Day & Time	Location	Cost	Contact
Canal Conservation Group A green gym activity, Keep active, help the environment.	Alternate Thursdays and second Sunday of every month, 10am - 3pm	Sites vary please call Athina for more details	Free (Tools and training provided free)	Athina Beckett 01908 661217 athinabec@ aol.com

Sport Makers – Sporting Hero

Help make sport happen in your community by either: supporting a local event; encouraging others to enjoy sport; or leading a chosen activity.

To find out ways to get adults more active before, during and after the London 2012 Games come along to a free Sport Makers information event and find out more to become a Sport Maker.

Venue: Stadium MK, Milton Keynes
Date: Monday 9th July
Time: 6.30pm – 9.30pm

To register today, contact Stephen Green on 01296 585626

For more details see: **www.reactivatebucks.org/sportsmakers**

Active: MK Exercise Referral Scheme

What is involved?
This programme of activity lasts for 12 weeks with 2 - 3 one hour sessions per week. Over this period you will be given an initial health assessment, a personal programme tailored to your needs, and a final assessment at the end of the programme, in a friendly and supportive atmosphere. The scheme is delivered in gyms across MK and by qualified fitness professionals.

How do I take part?
Your health professional (GP, Practice nurse, health visitor, stop smoking advisor or physiotherapist) can refer you to the scheme. Ask your GP for further information, or contact the scheme administrator on 01908 254267.

Walking for Health - Health Walks

Enjoy the parks and open spaces of Milton Keynes with these FREE volunteer led health walks. Meet new people, improve your health and have fun.

Please contact the appropriate walk leader to find out more about the health walk you are interested in.

For full details visit: **www.walkingforhealth.org.uk**

Activity	Day and Time	Location	Walk Leader
Council, Civic Lunchtime Health Walk	Mondays, 12noon	Meet outside Civic Offices, Silbury Blvd.	Liz Thompson 07899 083770
Bowback House Lunchtime Health Walks	Mondays, 1pm & Tuesdays 12noon	Meet outside Bowback House, CMK	Gwen Bolton 07887 982875
Shenley Health Walk, (roaming)	Tuesdays, 10am: Choices of Walk: a Short, Medium, Long & Fast	Varies: contact leader or see website: www. shenleywalks.co.uk	Sue Hadfield 07703 647733 shenleywalk@ hotmail.co.uk
Giffard Park / Great Linford Health Walk	Tuesdays, 10.30am	Meet at The Giffard Park Pub Car Park, Hainault Avenue	Tony McManus 01908 605176
Council, Saxon Lunchtime Health Walk	Tuesdays, 12noon	Meet outside Saxon Offices, Avebury Blvd.	Vicki Clark 01908 253229
Whaddon Health Walk, (roaming)	Wednesdays, 10am	Various: contact leader or meet at Whaddon Medical Centre, Bletchley	Brenda Houghton 01908 373058
Drayton Road Health Walk	1st and 3rd Wednesday of the month, 12noon	Meet at Drayton Road Surgery, Bletchley	Ashley Oliver 01908 361351
Newport Pagnell Health Walk	Wednesdays, 3.30pm winter, 4.00pm summer	Meet outside Lovat Hall, Newport Pagnell	Vicki Clark 01908 253229

Sports based – Others (All ages)

Activity	Day & Time	Location	Cost	Contact
Back to Netball course (6wks) For Beginners	Tuesday 7.30pm – 8.30pm (starts 24th July)	Woughton Leisure Centre, Rainbow Dr, Leadenhall	£4 per week (please contact to book your place)	Geri Moore geri.moore@en glandnetball.co. uk
Floor Ball Club - MK Phantoms – fun session	Tuesday 8pm – 9pm	Leon School www.floorball mk.co.uk	First 2 sessions Free then £4 - £5 per week	Mark Sleight 07402 353203 floorball@hotm ail.co.uk
Indoor climbing (beginners) whether you want to have a go or learn the skills you need to climb independently	Have a go: Tues/Thurs/Sat eve Intro courses: Weekday eves Sat afternoon Bouldering Induction: Tues/Thurs eve, Sat/Sun pm	Big Rock Climbing Centre, Kingston	Have a go: £20 Intro Course: £75 Bouldering Induction: £15 All include instruction & equipment	Big Rock 01908 583128 or book online www.bigrock climbing.co.uk
Indoor climbing (improvers) For those climbers who have the skills to register as independent users.	Social climb: Tues/Thurs 6.30 - 8.30pm Wed 11.30 - 1.30pm Wed (ladies) 6.30 – 8.30pm Progression / Lead courses: Various dates, see website	Big Rock Climbing Centre, Kingston	Progression Workshops: £10 Lead courses: £56 Socials: standard day entry £8.70 or £7.70 concession	Big Rock 01908 583128 or book online www.bigrock climbing.co.uk
Polo Fit (coached course for Waterpolo skills & training)	Wednesdays 25th April – 18th July at 6.30pm – 7.15pm	Bletchley Leisure Centre, Bletchley	£4.50 per week, (or £3.70 with Passport to Leisure Card)	Bletchley Leisure Centre 01908 377251 www.hertsmere leisure.co.uk
Secklow Hundred Dragon Boat Racing Crew	Thursdays at 6pm Sundays at 10am	Furzton Lake (next to Furzton Lake Pub and Hotel) www.secklow .com	£3 members, £4 non members. Membership rates available from Liza	Caroline Madden 07932 957660 or lizablackman@ btinternet.com

Sports based - Badminton (All ages)

Activity	Day & Time	Location	Cost	Contact
MK Tigers Friendly Badminton club	Mondays 6.30pm – 7.30pm, Wednesdays 7.30pm – 8.30pm	Stantonbury Leisure Centre, Main Hall	£3 per session	Steve McNay 07966 416027
'No Strings' Badminton beginners group	Mon & Thurs 6.30pm – 7.30pm Sundays 10.30am – 11.30am	Woughton Leisure Centre, Sports Hall	£3 per session (please contact individual centre for no strings offers)	Woughton Leisure Centre 01908 660392 www.nostringsbadminton.co.uk
'No Strings' Badminton beginners group	Tuesdays 12.30pm – 2.30pm	National Badminton Centre, Loughton	£3 per session (please contact individual centre for no strings offers)	National Badminton Centre - 01908 268400 www.nostringsbadminton.co.uk
'No Strings' Badminton beginners group	Wednesdays 6.30pm – 7.30pm	Stantonbury Leisure Centre, Main Hall	£3 per session (please contact individual centre for no strings offers)	Stantonbury Leisure Centre 01908 324466 www.nostringsbadminton.co.uk

Sports based – Korfball (All ages)

Activity	Day & Time	Location	Cost	Contact
Colossus MK Korfball Club Friendly club open to all levels, beginners welcome	Mondays 6.30pm – 8.30pm	Shenley Leisure Centre Burchard Cr, Shenley Church End	First 2 sessions free then £4 per session	Kelly 07917 605973 www.korfballinmk.co.uk
Rogues MK Korfball Club Beginners & experienced players welcome	Tuesdays 7.45pm - 9.30pm	Lions Arena, Snowdon Court, Winterhill	First 2 sessions free then £4 per session	Ed 07966 010257 www.korfballinmk.co.uk
Roos MK Korfball Club Beginners & athletic players welcome	Wednesdays 7.45pm - 9.30pm	Shenley Brook End School, Walbank Grove, Shenley Brook End	First 2 sessions free then £4 per session	Darren Gray 07949 411502 www.korfballinmk.co.uk

Walking for Health - Health Walks (cont'd)

Activity	Day and Time	Location	Walk Leader
Willen Health Walk	Thursdays, 10am	Meet at the Peace Pagoda Car Park, off the V10	John Feltham 01908 564185
Stony Stratford Health Walk	Fridays, 10am	Meet on Mill Lane, opposite Prospect Road, Stony Stratford	Mary Kendall 01908 260570
Friday Morning Health Walk (roaming)	Fridays, 10.15am	Meeting place varies, contact the walk leader for details	Jan Elsdon 07540 297837 Kay Lock 07790 492073
Wolverton Health Walk	Fridays, 4.30pm	Meet at St Georges Church, Wolverton	Anne and Robert Parry 01908 317211
Asian Women's Network Health Walks (roaming)	Alternate Sundays, 10am	Meeting place is roaming, contact the walk leader	Kurshida Mirza 07702 894940 Jyoti Palmer 07729 313600
Wagtail Health Walks (roaming)	Sundays, 11am	Meeting place is roaming, contact the walk leader	Cathy Jones 07711 201519 Nigel Wright 07951 540110

Other walks offered by partners:

Women's Walking Network
for more information go to www.theparkstrust.com

Heritage Walks
for more information go to www.milton-keynes.gov.uk/arts

Countryside Walks
for more information go to www.milton-keynes.gov.uk/countryside

Volunteer Walk Leader - Opportunities

Volunteer walk leaders are essential in expanding and sustaining the programme of health walks. If you are keen to get involved, please contact Vicki on 01908 253229 for details of up and coming courses.

Nordic Walking Courses

Nordic Walking was originally used by cross country skiers as a way of staying fit over the summer. It has since become a popular activity for all with benefits including an improvement in mobility and fitness.

With the correct technique it uses 90% of your muscles and burns 20% more calories than ordinary walking. However you don't feel the effect of this extra work as you are using the poles to provide support and propulsion. These walks are all on flat surface routes.

Beginners Nordic Walking Courses Dates:

Dates	Meeting Place	Cost
Next course dates: 10th, 17th & 24th July 7pm – 8.20pm **3 to 4 week complete beginners courses are available monthly, contact for more details.**	Teardrop Lakes, meet at the car park off Davy Avenue, next to the Cricket Ground, Knowlhill.	£20 per person includes hire of poles (25% discount for Passport to Leisure holders)

To book a place please call: Sports Development on 01908 253229 or Dave Porter on 07530 979627, places limited so book early.

Nordic Walking Groups

You must be a competent Nordic walker and have attended a Beginners Course in order to join these groups. All ages and fitness levels are welcome.

Dates	Meeting Place	Cost	Contact
MK Nordic Strollers Every Friday 6pm	Meeting place is roaming, please contact the leader to find out the next meeting place.	£1 fee to hire poles. (limited numbers available so please contact to hire poles)	Kurshida Mirza 07702 894940 Jyoti Palmer 07729 313600
MK Nordic Striders Every Saturday 11am			Joan Martin 07876 052621

Adult Yoga (Cont'd)

Activity	Day & Time	Location	Cost	Contact
Yoga mixed ability yoga class	Wednesdays 9.30am - 11am	Old Bath House dance studio, Wolverton,	£6 per class	Lisa Gupta 01908 312107 Lisa.letschill@gmail.com www.letschill.co.uk
Iyengar Yoga all abilities	Wednesdays 6.35pm – 8.05pm	Function Room Newlands, Livingstone Dr, Newlands	£6 per class when paid on a monthly basis, £7 pay as you go	Jenny Wong 07738 200092 www.wellbeingmk.com
Yofit – All Maintains fitness & improves breathing and circulation in friendly environment	Thursdays 10am – 11am	St Mary Magdalene's Church Hall, 105 High St, Stony Stratford	£4 per session	Katie James 01908 227072 07816 989067 katiesarahjames@hotmail.co.uk
Gentle Hatha Yoga (inc.hot drink)	Thursday 10am - 11.30am	Buszy Dance Studio, 401 Elder Gate, Central MK	£6/£4	Jana Hall 07772 725307 info@yogajo.co.uk more details see www.yogajo.co.uk
Iyengar Yoga all abilities	Thursdays 7.00pm – 8.30pm	Oakgrove Leisure Centre, Brickhill St, Middleton	£6 per class when paid on a monthly basis, £7 pay as you go	Jenny Wong 07738 200092 www.wellbeingmk.com
Yoga mixed ability yoga class	Fridays 9.30am – 11am	West Bletchley Community Centre, Bletchley	£6 per class	Lisa Gupta 01908 312107 Lisa.letschill@gmail.com www.letschill.co.uk
Iyengar Yoga all abilities	Fridays 12noon - 1pm	St Michaels Church, Open University Campus	£6 per class when paid on a monthly basis, £7 pay as go	Jenny Wong 07738 200092 www.wellbeingmk.com

Adult Yoga (Cont'd)

Activity	Day & Time	Location	Cost	Contact
Iyengar Yoga beginners class, also suitable for adults 50+	Tuesdays 10.45am – 11.55pm	Cranfield Village Hall, 13 Court Rd, Cranfield, MK43 0DR	£6 per class when paid on a monthly basis, £7 pay as you go	Jenny Wong 07738 200092 www.wellbeingmk.com
Yoga To increase strength and flexibility	Tuesdays 6pm – 7pm	Shenley Brook End, Old Village Hall, Church End Road	£5 per session	Katie James 01908 227072 07816 989067 katiesarahjames@hotmail.co.uk
Freestyle Yoga	Tuesdays 6pm – 7pm	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£5.50 per class non members, £4.50 for members, £2.75 Passport to Leisure	Shenley Leisure Centre 01908 502488
Community Yoga with mindfulness Suitable for beginners	Tuesdays 6.30 – 7.30pm and 7.30 – 8.30pm	Fulbrook Middle School, Woburn Sands	£5 or £4 if unwaged (FREE on 12th June)	Jenni Walker 01908 267387 or 07954 341003
Yoga & Meditation	Tuesdays 7.15pm – 8.45pm	The Well, Newport Road, Willen Village	£7 per class	Helen Stephenson 07548 366601 /01908 300557 www.helenstephensononline.co.uk
Relaxing Hatha Yoga -	Tuesdays 7.30pm - 9pm	North Emerson Valley Community Centre, Roeburn Crescent	£24/month (concessions for over 60's) £7 Drop-in.	Jana Hall 07772 725307 info@yogajo.co.uk more details see www.yogajo.co.uk
Iyengar Yoga All abilities, (also suitable for adults 50+)	Tuesdays 8pm – 9.30pm	Olney Centre Hall, Olney, MK46 4EF	£6.50 per class when paid on a monthly basis, £8 pay as you go	Jenny Wong 07738 200092 www.wellbeingmk.com
Yoga mixed ability yoga class	Tuesday 8pm - 9.15pm	Old Bath House Community Centre, Wolverton	£6 per class	Lisa Gupta 01908 312107 Lisa.letschill@gmail.com www.letschill.co.uk

Push n Tone MK

February - November 2012

Come "push" your buggy "n tone" your body! Fun outdoors exercise with your baby. Mothers need to have had their 6 week postnatal GP check before attending. Classes last approximately 1 hour. You do not need to book, you can just turn up. All you need is a buggy and a baby. A bottle of water is useful along with waterproofs for wet weather and sun cream for warm weather.

Cost: Prices vary £1 - £2.50

Day and Time	Meeting Place	Instructor
Monday, 11.45am	Outside Neath Hill Health Centre	Ana 07531 965868
Wednesday, 11am	Football Ground car park off Willen Road, Newport Pagnell	Kelly 07801 863294
Friday, 1pm	Outside Furzton Sure Start Centre	Ana 07531 965868

NEW…..Monthly Roaming Push n Tone classes

Contact Sue Schofield on 07977 048690 for further details

Day	Time	Meeting Place
Tue 19th June	10am - 11am	Lodge Lake (Car Park off Bradwell Rd off H4 Danstead Way)
Tue 10th July	10am - 11am	Furzton Lake (Car Park off Shirwell Crescent off H7 Chaffron Way)
Tue 18th Sept	10am - 11am	Tattenhoe (Car Park - Rosemullian Av, off V2 Tattenhoe St)

Join us on Facebook! Just search 'Push n Tone' Milton Keynes.

This work has been assisted by funding from the Milton Keynes Community Foundation.

Physical Activity Directory

These activities are not funded by Reactivate MK. Information provided is considered to be correct at the time of publication.

50+ Activities for Adults Over 50

These physical activities are ideal for you to: improve your fitness and coordination, stay mobile, recover from injury, activate and relax your mind, socialise and meet new friends.

Please contact the appropriate organiser for more details of the activity listed if necessary.

Aerobic Based Classes (over 50's)

Activity	Day & Time	Location	Cost	Contact
50+ Forever Fit Aerobics	Mondays & Fridays 10.30am - 11.30am	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£3.50 with user card, £4.50 without (£2.25 with Passport to Leisure)	Shenley Leisure Centre 01908 502488
Seated Exercise	Mondays 3.00pm – 3.30pm	Shenley Wood Extra Care Village Gym, Chalkdell Dr, Shenley Wood.	£2 for non members and Free for members	Shenley Wood Gym 01908 413037
Aqua Aerobics (open to all, suitable for adults 50+)	Tuesdays and Thursdays, 9.30am – 10.30am	Bletchley Leisure Centre, Princes Way, Bletchley	£4 per session (£3.20 with Passport to Leisure)	Bletchley Leisure Centre 01908 377251 www.hertsmereleisure.co.uk
Seated Exercise	Tuesdays, 11am - 12noon	Carpenter Court, Neath Hill	Free	Hazel Rawlinson 01908 606298
50+ Aqua Aerobics (incl in Lift Off 50+ Activity)	Tuesdays 2.00pm – 3.00pm	Woughton Leisure Centre Pool, Rainbow Drive. Leadenhall	£3 for all activities between 1pm - 4pm (incl gym, Pilates, Aqua & Table Tennis)	Woughton Leisure Centre 01908 660392 www.milton-keynes.gov.uk/woughtonleisure

Adult Pilates (Cont'd)

Activity	Day & Time	Location	Cost	Contact
Pilates & back care (small group)	Wednesdays 6.15pm - 7.15pm	The Well at Willen, Newport Road, Willen Village, MK15 9AA	£10 per session	Helen Stephenson 07548 366601/ 01908 300557 www.helenstephensononline.co.uk
Pilates for sports enthusiasts (small group)	Wednesdays 7.30pm - 8.30pm	The Well at Willen, Newport Road, Willen Village, MK15 9AA	£10 per session	Helen Stephenson 07548 366601/ 01908 300557 www.helenstephensononline.co.uk
Pilates a gentle form of exercise that concentrates on core stability	Wednesdays 7.50pm – 8.40pm	Kents Hill School, Kents Hill	£4 per class (£7 if you also join Ana's Zumba at Kents Hill directly before Pilates).	Ana Iversen www.zumbamkfitness.com or zumbana1@yahoo.co.uk
Clinical Pilates	Thursdays 12noon - 1pm	Whitespace Yoga Studio, Stony Stratford.	£27.95 monthly (or £7 per week) includes theraband programme	Kelly King Physiotherapist, MCSP, SRP 01908 241633/ 07939 633239
Community Pilates with mindfulness Suitable for beginners	Thursdays 2.30pm – 3.30pm	Coronation Hall, Bletchley	£5 or £4 if unwaged	Jenni Walker 01908 267387 or 07954 341003
Pilates (also suitable for 50+)	All abilities: Fridays 12.00 noon – 1.00pm	St Michael's Church, Open University	£5 per class when paid on a monthly basis, £6 pay as go	Jenny Wong 07738 200092 www.wellbeingmk.com

Yoga (All ages)

Activity	Day & Time	Location	Cost	Contact
Yofit – All Maintains fitness & improves breathing and circulation in friendly environment	Mondays 10am – 11am	St Andrews Church, St Andrews Road, West Bletchley	£4 per session	Katie James 01908 227072 07816 989067 katiesarahjames@hotmail.co.uk

Pilates (All ages)

Activity	Day & Time	Location	Cost	Contact
Community Pilates with mindfulness Suitable for beginners	Mondays 9.30pm – 10.30pm	York House, Stony Stratford	£5 or £4 if unwaged	Jenni Walker 01908 267387 or 07954 341003
Pilates	Mondays - 7.15pm – 8.15pm Thursdays 09.30am – 10.30am	Woughton Leisure Centre Studio, Rainbow Drive. Leadenhall	£20 / month unlimited use. Contact for Membership options.	Woughton Leisure Centre 01908 660392 www.milton-keynes.gov.uk/woughtonleisure
Pilates	Tuesdays 6pm - 7pm	The Well, Newport Rd, Willen Village	£7 per class	Helen Stephenson 07548 366601/ 01908 300557 www.helenstephensononline.co.uk
Pilates	Tuesdays, 7pm – 8pm Wednesdays 10.30am – 11.30am	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£5.50 per class non members, £4.50 for members, £2.75 Passport to Leisure	Shenley Leisure Centre 01908 502488
Pilates (also suitable for 50+)	Beginners: Tuesdays 12.00pm – 1.00pm	Cranfield Village Hall, 13 Court Rd, Cranfield, MK43 0DR	£5 per class when paid on a monthly basis, £6 pay as go	Jenny Wong 07738 200092 www.wellbeingmk.com
Pilates	Wednesdays 10.30am – 11.30am	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£5.50 per class non members, £4.50 for members, £2.75 Passport to Leisure	Ana Iversen www.zumbamkfitness.com or zumbana1@yahoo.co.uk
Pilates (also suitable for 50+)	All abilities: Wednesdays 5.30pm - 6.30pm	Function Room Newlands, Livingstone Dr, Newlands	£5 per class when paid on a monthly basis, £6 pay as go	Jenny Wong 07738 200092 www.wellbeingmk.com

Aerobic Based Classes over 50's (Cont'd)

Activity	Day & Time	Location	Cost	Contact
FitBall Class (using a stability fit ball)	Wednesdays 1.00pm – 1.30pm	Shenley Wood Extra Care Village Gym, Chalkdell Dr, Shenley Wood.	£2 for non members and Free for members	Shenley Wood Gym 01908 413037
50+ Aerobics (incl in Lift Off 50+ Activity)	Thursdays 2.15pm – 3.00pm	Woughton Leisure Centre Studio, Rainbow Drive. Leadenhall	£3 per week	Woughton Leisure Centre 01908 660392 www.milton-keynes.gov.uk/woughtonleisure
Aqua Zumba	Friday, 9.15am – 10am	Bletchley Leisure Centre, Bletchley	£4.00 per week (or £3.20 with Passport to Leisure card)	Bletchley Leisure Centre 01908 377251 www.hertsmereleisure.co.uk
Balance Class	Fridays 9.30pm – 10.30pm	Shenley Wood Extra Care Village Gym, Chalkdell Dr,	£2 for non members and Free for members	Shenley Wood Gym 01908 413037
Seated Exercise	Fridays 10am - 11.30am	Clifton Court, Olney	Free	Warden 01234 711206

Bowls (over 50's)

Activity	Day & Time	Location	Cost	Contact
Indoor Bowls Friendly Indoor Bowls group for recreational roll ups and games	Mondays 12noon – 2pm (meet in Indoor Bowls Rink, Top Floor)	Bletchley Leisure Centre Indoor Bowls Rink, Bletchley	Please check with group on arrival regarding payment costs.	Bletchley Leisure Centre 01908 377251 www.hertsmereleisure.co.uk
Boccia Seated Bowls	Monday 2.30 - 3.30pm	Radcote Lodge, Two Mile Ash	Free	Sway Gregory 01908 561463
Boccia Seated Bowls	Monday 2.00 – 3.00pm	Jonathans Court, Coffee Hall	50p for cup of Tea	Naomi Derby 01908 663560
Falaise Bowls Club A friendly, indoor short mat bowls club	Every other Tuesday 1.30pm - 4.30pm	Falaise, Bolbeck Park	Free (incl. tea and biscuits)	Maggi Richards 01908 679648

Bowls over 50's (Cont'd)

Activity	Day & Time	Location	Cost	Contact
Short Mat Bowls Indoor bowls	Wednesday 10.00am – 12.00 pm	West Bletchley Community Centre, Porchester Cl, Bletchley	£2 per session	Gwyn Lane 01908 379886 Community Ctr 01908 374122 www.wbca3.com

Dance (over 50's)

Activity	Day & Time	Location	Cost	Contact
Zumba Gold Dance easy to follow moves to the Latin beat. For those new to exercise or active older adults	Mondays, 9.45am – 10.35am	Giffard Park Community Centre, Broadway Av, Giffard Park Local Centre,	£4 per class	Julia Berg 07779 339984, zumbamk@tiscali.co.uk or www.zumbamk.co.uk
Zumba Gold with Julia	Mondays, 6.35pm - 7.20pm	Hazeley School, Emperor Drive (car park at end of V2)	£4 per class	Julia Berg 07779 339984, zumbamk@tiscali.co.uk or
NEW Zumba Gold Toning with Julia	Tuesdays, 10.45am – 11.30pm	Bridgeway Centre, Dulverton Drive, Furzton	£4 per class	Julia Berg 07779 339984 or www.zumbamk.co.uk
Zumba Gold with Julia	Tuesdays, 11.45am – 12.30pm	Bridgeway Centre, Dulverton Dr, Furzton	£4 per class	Julia Berg 07779 339984 or www.zumbamk.co.uk
Zumba Gold with Nicky	Wednesdays 5.15pm – 6.00pm	Castlethorpe Community Hall, North St, Castlethorpe	£4 per class	Julia Berg 07779 339984 or www.zumbamk.co.uk
U3A Line Dancing	Thursdays, 10am – 12noon	West Bletchley Community Ctr, Porchester Cl, Bletchley	Contact for further details	U3A Office 01908 281717 Community Ctr 01908 374122 www.wbca3.com
Zumba Gold with Julia	Thursdays, 11.30am - 12.15pm	The Old Bath House, Wolverton	£4 per class	Julia Berg 07779 339984, zumbamk@tiscali.co.uk or

Adult Martial Arts (Cont'd)

Activity	Day & Time	Location	Cost	Contact
Tai Chi	Thursdays 9.30am – 10.30am	Yardley Gobion Community Hall	£4 per class	Katherine 07976 278447 katherine.wheldon@sky.com
Shinkendo Japanese Samurai Swordsmanship Martial art	Fridays 7.30pm – 8.30pm	Leon School Leisure Centre Fern Grove Bletchley Milton Keynes MK2 3HQ	First session free. £2.50 per session thereafter heading towards monthly subs.	Byron.shepherd@shinkendo.org.uk 07712 174163 www.shinkendo.org.uk
Aikibujutsu Aikido / Aikijutsu Traditional samurai Budo arresting Techniques	Fridays 8.30pm – 9.30pm	Leon School Leisure Centre Fern Grove Bletchley Milton Keynes MK2 3HQ	First session free. £2.50 per session thereafter heading towards monthly subs.	Byron.shepherd@shinkendo.org.uk 07712 174163 www.shinkendo.org.uk
Shinkendo Japanese Samurai Swordsmanship Martial art	Sundays 11.00am – 12.00noon	Cottesloe Gym. Chaffron Way Campus, Leadenhall, MK6 5LP	First session free. £2.50 per session thereafter heading towards monthly subs.	Byron.shepherd@shinkendo.org.uk 07712 174163 www.shinkendo.org.uk
Aikibujutsu Aikido / Aikijutsu Traditional samurai Budo arresting Techniques	Sundays 12noon – 1pm	Cottesloe Gym. Chaffron Way Campus, Leadenhall, MK6 5LP	First session free. £2.50 per session thereafter heading towards monthly subs.	Byron.shepherd@shinkendo.org.uk 07712 174163 www.shinkendo.org.uk
Open Air Tai Chi in the morning. All ages & abilities welcome. Encouraging enjoyment of nature, open spaces and exercise.	On the last Saturday of the month, starting May 26th and taking place every other month 9.30am - 11am	Campbell Park Pavilion, The Parks Trust Building, 1300 Silbury Bvd.	Free	Jenny Wong 07738 200092 www.wellbeingmk.com

Martial Arts (All ages)

Activity	Day & Time	Location	Cost	Contact
Shenley Jujitsu Club learn to defend yourself using your opponents weight & strength against them	Mondays and Fridays 8.30pm - 10pm	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£4 per class. First class free	Geoff Austin 07762 108339 sensei@shenleyjujitsu.org.uk www.shenleyjujitsu.org.uk
Tai Chi	Tuesdays 9.30am - 10.30am	Community Hall, Little London, Deanshanger	£4 per class	Katherine 07976 278447 katherine.wheldon@sky.com
Tai Chi – beginners class, also suitable for adults 50+	Tuesdays 9.45am – 10.45am	Cranfield Village Hall, 13 Court Rd, Cranfield, MK43 0DR	£5 per class when paid on a monthly basis, £6 pay as you go	Jenny Wong 07738 200092 www.wellbeingmk.com
Jado Kuin Do – family martial arts (3years to adult)	Tuesdays 7pm - 8pm- mixed adult Tuesdays 8pm - 9pm - ladies only	Russell Street School Hall, Stony Stratford	First session free, subsequent sessions paid monthly	Emma Bacon 07790 296737 emma.bacon@jadokuindo.com
Tai Chi & Chi Kung (Beginners)	Wednesdays: 10am – 11.30am	Summerlin Centre, Woburn Sands	£28 per month or £8 per class	Ray Floodgate 07411 443963
Tai Chi	Wednesdays 3pm - 4pm	Cornerstone Church, Centre MK	£4 per class (Please phone before attending)	Katherine 07976 278447 katherine.wheldon@sky.com
Tai Chi Helps improve wellbeing, circulation, posture & coordination	Wednesdays 5.45pm - 6.45pm	Oakgrove Leisure Centre,	£3 per class	Clive Rowland 07973 759472
Tai Chi & Qi Gong – all abilities	Wednesdays 8.10pm - 9.30pm	Function Room Newlands, Livingstone Dr, Newlands	£5 per class when paid monthly, £6 pay as you go	Jenny Wong 07738 200092 www.wellbeingmk.com

Dance over 50's (Cont'd)

Activity	Day & Time	Location	Cost	Contact
Zumba Gold with Nicky	Thursdays, 7.15pm – 8pm	St Mary Magdalene Catholic Church Hall, Stony Stratford	£4 per class	Julia Berg 07779 339984, www.zumbamk.co.uk
Zumba Gold (60+) with Julia	Fridays 09.45 – 10.45am and 11am – 12noon	Bletchley Youth Club, Derwent Drive, Bletchley	£4 per class	Julia Berg 07779 339984 or www.zumbamk.co.uk
Sequence Dancing Milton Keynes Retirement Club	Friday 1.40pm – 4.00pm	West Bletchley Community Centre, Porchester Cl, Bletchley	£3 per session	Yvonne Richardson 01908 373942 www.wbca3.com

Pilates, Yoga & Tai Chi (over 50's)

Activity	Day & Time	Location	Cost	Contact
Yofit – All Maintains fitness & improves breathing in friendly environment	Mondays 10am – 11am	St Andrews Church, St Andrews Road, West Bletchley	£4 per session	Katie James 01908 227072 07816 989067 katiesarahjames@hotmail.co.uk
Tai Chi	Tuesdays, 10am – 11am	Brooklands Centre, Newport Pagnell	£4 per session	Catherine Hall 01908 614749 brooklands.centre@btinternet.co.uk
Seated Tai Chi	Tuesdays, 11.15am - 12.15pm	Sudgrove House, Downhead Park	£3 per class	Katherine 07976 278447 katherine.wheldon@sky.com
50+ Pilates (incl in Lift Off 50+ Activity)	Tuesdays 1.00pm – 1.45pm	Woughton Leisure Centre Theatre, Rainbow Drive. Leadenhall	£3 for all activities 1pm -4pm (incl gym, Pilates, Aqua & Table Tennis)	Woughton Leisure Centre 01908 660392 www.milton-keynes.gov.uk/woughtonleisure
Yoga Fit 50+ group with seated & standing exercises	Wednesdays 11.00am - 12.00noon	Clifton Court, Olney	£2 per class	Vicki Clark 01908 253229 07903 324182

Pilates, Yoga & Tai Chi over 50's (Cont'd)

Activity	Day & Time	Location	Cost	Contact
Yofit – All Maintains fitness, & improves circulation in fun environment	Thursdays 10am – 11am	St Mary Magdalene's Church Hall, 105 High St, Stony Stratford	£4 per session	Katie James 01908 227072 07816 989067 katiesarahjames@hotmail.co.uk
Tai Chi Gentle exercise to keep fit.	Friday 11.30am – 12.30pm	West Bletchley Community Ctr, Porchester Cl, Bletchley	Contact for more details	Ray Floodgate 07411 443963 Community Ctr www.wbca3.com

Sport Based (over 50's)

Activity	Day & Time	Location	Cost	Contact
50+ Social Badminton (Fun Intermediate level, experience required)	Mondays, 12.30pm – 3pm	National Badminton Centre, Loughton	£2.50 for court hire	Keith Stevens 01908 605070
50+ Multi-Sport (Bowls, Table Tennis, Squash, Racket Ball, Badminton)	Tuesdays and Thursdays 9.30am - 11.30am	Bletchley Leisure Centre, Princes Way, Bletchley	£2.35 per session (£2 with Passport to Leisure)	Bletchley Leisure Centre 01908 377251 www.hertsmereleisure.co.uk
Indoor Climbing - Day Social (registered users)	Wednesdays 11.30am – 1.30pm	Big Rock Climbing Centre, Kingston	Standard day entry: £8.70 Concessions: £7.70	Big Rock 01908 583128 or info@bigrockclimbing.co.uk.
Haversham Sailing Club Free sailing taster sessions for over 50's	Wednesday afternoons April to October (open all other Wednesdays for visits)	Haversham Sailing Club, High Street, Haversham	Free initial taster sessions	Barrie Lyman info@haversham sc.co.uk
Friday Over 50's club Sports & Social, incl: Swimming, Table Tennis and Short Mat Bowls	Fridays, 3pm - 5pm (term time only)	Stantonbury Campus Leisure Centre, Purbeck, Stantonbury	£2 per session (plus £2 annual membership fee)	Stantonbury Campus 01908 324466 or Robin Patching 01908 631458
40+ Just Play Kickabout (just turn up & play football)	Sundays, 7.30pm – 8.30pm	Bletchley Leisure Centre, Princes Way, Bletchley	£3 per session	Bletchley LC 01908 377251 www.hertsmereleisure.co.uk

Adult Dance - Zumba (Cont'd)

Activity	Day & Time	Location	Cost	Contact
Zumba	Thursdays 7.45pm - 8.35pm	Youth Ctr, Newport Pagnell	£5 per class, 10 classes for the price of 8, valid 3 months	Kelly Whitaker 07801 863294
Zumba	Thursdays 8pm – 8.45pm	Holmwood School, Great Holm	£4 per class	Ana Iversen www.zumbamkfitness.com or zumbana1@yahoo.co.uk
NEW Zumba Fitness – with Jane (High energy & fast pace)	Fridays 9.30am – 10.30am	Portfields Community Centre (next to The Dove PH), Newport Pagnell	£5 per class	Contact Julia Berg on 07525 135192 zumbamk@tiscali.co.uk
Zumba	Fridays 9.30am – 10.15am	The Mathisen Centre, Bradville	£2 per class	Ana Iversen www.zumbamkfitness.com or zumbana1@yahoo.co.uk
Zumba	Fridays 7.15pm – 8.15pm	Finshermead Trinity Centre	£4 per class	Monika Mularczyk 07967 791456 monmularczyk@gmail.com
Zumba Fitness – with Julia	Saturdays 10am - 11am	Shenley Brook End Sports Centre, Walbank Grove	£5 per class	Julia Berg 07779 339984 zumbamk@tiscali.co.uk
Zumba	Saturdays 10.15am - 11.15am	Oxley Park Primary School, Oxley Park	£5 per class	Yasmin 07966 488727 yasmin@zumba.uk.com
Zumba Fitness – with Jane	Sundays 10.30am – 11.30am	Portfields Community Centre (next to The Dove PH), Newport Pagnell	£5 per class	Contact Julia Berg on 07525 135192 zumbamk@tiscali.co.uk

Adult Dance - Zumba (Cont'd)

Activity	Day & Time	Location	Cost	Contact
Zumba	Wednesdays 7.30pm - 8.30pm	Knowles Junior School, Bletchley	£5 per class	Yasmin or Nikki 07966 488727 yasmin@zumba.uk.com
Zumba Dance	Wednesdays 8pm – 9pm Friday 9.30 - 10.30am 5.30 – 6.30pm	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£5.50 per class non members, £4.50 for members, £2.75 Passport to Leisure	Shenley Leisure Centre 01908 502488
Zumba (on site crèche for children)	Thursdays 1pm – 2pm	Finshermead Trinity Centre	£4 per class	Monika Mularczyk 07967 791456 monmularczyk@gmail.com
Zumba Fitness – with Nicky (High energy & fast pace)	Thursdays 6pm - 7pm	St Mary Magdalene Catholic Church Hall, Stony Stratford	£5 per class	Contact Julia Berg on 07525 135192 zumbamk@tiscali.co.uk
Zumba	Thursdays 6.30pm – 7.30pm	Longueville Hall, Newton Longville	£5 per class	Yasmin 07966 488727 yasmin@zumba.uk.com
BEGINNERS Zumba – with Gill	Thursdays 6.30pm – 7.15pm	Hazeley Academy, Emperor Dr, Hazeley, MK8 0PT	£5 per class	Contact Julia Berg on 07525 135192 zumbamk@tiscali.co.uk
Zumba	Thursdays 6.30pm – 7.20pm	Ousedale School, Olney Campus	£5 per class, 10 classes for the price of 8, valid 3 months	Kelly Whitaker 07801 863294
Zumba Toning	Thursdays 6.30pm - 7.15pm	Old Stratford Community Centre	£5 per class Please bring 1.5kg weights to the class	Ana Iversen www.zumbamkfitness.com or zumbana1@yahoo.co.uk
Zumba	Thursdays 7.20 - 8.10pm and 8.15 – 9.10pm	Oxley Park Primary School, Oxley Park	£5 per class, discount available for double session at this venue	Yasmin Wilkinson 07966 488727 yasmin@zumba.uk.com or www.zumba.uk.com

All Adults

Activities for Adults of All Ages

These physical activities listed are ideal for you to improve your fitness and coordination, stamina and flexibility or recover from injury, and socialise and meet new friends.

Please contact the appropriate organiser or see their website for more details of the activity listed if necessary.

Cycling, Walking, Running (All ages)

Activity	Day & Time	Location	Cost	Contact
Slim with Nordic Walking 5 week weight loss attack programme	Contact Sabine to find out dates of next course or book online at: www.nordic-slim.co.uk	Caldecotte Lake – contact Sabine for further details	£80 incl pole rental £75 if you bring your own poles	Sabine on 01908 200460 or go to www.Nordic-Slim.co.uk
Olney Nordic Walkers (tasters & courses)	Various, contact for more details.	Emberton Country Park	Tasters Free, Courses £12.24 per session (4 sessions total)	Call to book 01234 711099
Newport Pagnell Running Group	Tuesdays 7pm	Meet at the Station Rd car park, Newport Pagnell	£2.50 per session	Sarah Layton 07889 386118 www.daisiesmk.co.uk
Beginners Bike Ride short led bike ride. Ideal for less confident cycling on your own.	Fridays 12.30pm no longer than 1hr	Meet at York House, London Road, Stony Stratford.	Free	Jon McPherson 07708 882976 Please ring ahead of attending.
parkrun Free, timed, 5km run for all ages and abilities	Saturdays 9am	Willen lake Mini-bowl	Free Register at: www.parkrun.org.uk/miltonkeynes	Gareth 07738 473174 Register online
Easy Riders Cycle Rides distances of rides vary from 12 miles to 30 miles, designed for all	1st & 2nd Sunday in May, Jun, Sept, Oct, Nov. Times vary, see website	Various locations, see timetable on website or contact Phil for details	Free	Phil Ashbourn 01908 698063 or go to www.mkctc.org.uk

Cardiovascular/Toning based classes (All ages)

Activity	Day & Time	Location	Cost	Contact
fitMK; **-** Boot Camp - Kettlebells - Circuits - Boxing Fitness	Monday - Saturday, various times	Willen Lake & Campbell Park	See www.fitMK.com for payment options and timetable of classes	Simon Williams 07900 880122 www.fitMK.com
20/20/20	Mondays 9.30am – 10.30am	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£5.50 per class non members, £4.50 for members, £2.75 Passport to Leisure	Shenley Leisure Centre 01908 502488
Aquanatal NHS class run by midwifes - For females over 14 weeks pregnant	Mondays 5.45pm – 6.45pm	Woughton Leisure Centre Pool, Rainbow Drive. Leadenhall	£2 per class tracy.rea@mkhospital.nhs.uk	Tracy Rea 07833 482243 or Jill Peet 07917 173301
Legs, Bums and Tums	Mondays 5.45pm – 6.45pm	Woughton Leisure Centre Studio, Rainbow Drive. Leadenhall	£20 / month unlimited use. Contact for Membership options.	Woughton Leisure Centre 01908 660392 www.milton-keynes.gov.uk/woughtonleisure
Ab Sculpt	Mondays - 6.45pm – 7.15pm	Woughton Leisure Centre Studio, Rainbow Drive. Leadenhall	£20 / month unlimited use. Contact for Membership options.	Woughton Leisure Centre 01908 660392 www.milton-keynes.gov.uk/woughtonleisure
Legs, Bums and Tums	Mondays and Wednesdays 7pm – 8pm	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£5.50 per class non members, £4.50 for members, £2.75 Passport to Leisure	Shenley Leisure Centre 01908 502488
Meta-Fit Body Weight Training Burn fat while you sleep with Metafit! The 30 minute workout that just keeps working!	Mondays 7.30pm - 8.30pm	Tickford Street Community Centre, Newport Pagnell	£5 per class, 10 classes for the price of 8, valid for 3 months	Kelly Whitaker 07801 863294

Adult Dance - Zumba (Cont'd)

Activity	Day & Time	Location	Cost	Contact
Zumba Fit	Wednesdays 5.45pm – 6.30pm	Woughton Leisure Centre Studio, Rainbow Drive. Leadenhall	£20 / month unlimited use. Contact for Membership options.	Woughton Leisure Centre 01908 660392 www.milton-keynes.gov.uk/woughtonleisure
Zumba	Wednesdays 6pm - 7pm	MK College, Cottesloe Sports Hall	£5 per class	Yasmin 07966 488727 yasmin@zumba.uk.com
Zumba Fitness - with Jane (High energy & fast pace)	Wednesdays 6pm - 7pm	Monkston Park Community Centre	£5 per class	Contact Julia Berg on 07525 135192 zumbamk@tiscali.co.uk
Zumba Fitness – with Nicky (High energy & fast pace)	Wednesdays 6.15pm – 7.15pm	Castlethorpe Village Hall, North St, Castlethorpe, MK19 7EW	£5 per class	Contact Julia Berg on 07525 135192 zumbamk@tiscali.co.uk
Zumba	Wednesdays 6.30pm – 7.30pm	Bancroft Meeting Place	£4 per class	Monika Mularczyk 07967 791456 monmularczyk@gmail.com
Zumba	Wednesdays 7am – 7.50am	Holywell School, Cranfield	£5 per class, 10 classes for the price of 8, valid for 3 months	Kelly Whitaker 07801 863294
Zumba	Wednesdays 7pm - 7.45pm	Kents Hill School	£4 per class (£7 if you join in Ana's Pilates class as well directly after Zumba)	Ana Iversen www.zumbamkfitness.com or zumbana1@yahoo.co.uk
Zumba	Wednesdays 7.30pm - 8.30pm	Hazeley School, Hazeley	£5 per class	Yasmin or Nikki 07966 488727 yasmin@zumba.uk.com

Adult Dance - Zumba (Cont'd)

Activity	Day & Time	Location	Cost	Contact
Zumba	Tuesdays 6.00pm - 7.00pm	Courtside Sport Ctr, Bletchley Campus, Sherwood Dr	£5 per class	Yasmin Wilkinson 07966 488727 yasmin@zumba.uk.com
Zumba	Tuesdays 6.15pm – 7pm Thursdays 7pm – 7.45pm	Bletchley Leisure Centre, Bletchley	£4.00 per week (or £3.20 with Passport to Leisure card)	Bletchley Leisure Centre 01908 377251 www.hertsmereleisure.co.uk
Zumba	Tuesdays 6.30pm – 7.30pm	Leon Sports Academy, Fern Grove, Bletchley	£5 per class	Jose zumbawithjose@hotmail.co.uk
Zumba	Tuesdays 6.30pm - 7.15pm	Old Stratford Community Centre, Deanshanger Road	£5 per class	Ana Iversen www.zumbamkfitness.com or zumbana1@yahoo.co.uk
Zumba Fitness – with Julia (High energy & fast pace)	Tuesdays 6.40pm – 7.40pm	Tickford Park Primary School, Avon Close Newport Pagnell	£5 per class	Julia Berg 07779 339984 zumbamk@tiscali.co.uk
Zumba	Tuesdays 7.30pm - 8.30pm	Kingston Gymnastics Centre, Kingston	£5 per class	Yasmin or Nikki 07966 488727 yasmin@zumba.uk.com
Zumba	Tuesdays 7.30pm - 8.30pm	Tattenhoe Sports Pavilion	£5 per class	Yasmin 07966 488727 yasmin@zumba.uk.com
Zumba	Tuesdays 8pm – 9pm	West Bletchley Community Ctr, 3 Porchester Cl, Bletchley	£5 per class	Jose zumbawithjose@hotmail.co.uk
Zumba Toning	Wednesdays 9.30am – 10.15am	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£5.50 per class non members, £4.50 for members, £2.75 Passport to Leisure	Ana Iversen www.zumbamkfitness.com or zumbana1@yahoo.co.uk

Adult Cardiovascular/Toning based classes (Cont'd)

Activity	Day & Time	Location	Cost	Contact
Circuit Training	Mondays and Wednesdays 8.15pm – 9.30pm	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£5.50 per class non members, £4.50 for members, £2.75 Passport to Leisure	Shenley Leisure Centre 01908 502488
Aqua Aerobics	Tuesdays 09.30am – 10.30am Wednesdays 7.15pm – 8.00pm Thursdays 7.30pm – 8.30pm	Woughton Leisure Centre Pool, Rainbow Drive. Leadenhall	£20 / month unlimited use. Contact for Membership options.	Woughton Leisure Centre 01908 660392 www.milton-keynes.gov.uk/woughton leisure
Circuits	Tuesdays 6pm - 6.45pm	Baptist Church, Lovat Hall, Newport Pagnell	£4 per class	Sarah Layton 07889 386118 www.daisiesmk.co.uk
20/20/20	Tuesdays 6.00pm – 7.00pm	Woughton Leisure Centre Studio, Rainbow Drive. Leadenhall	£20 / month unlimited use. Contact for Membership options.	Woughton Leisure Centre 01908 660392 www.milton-keynes.gov.uk/woughtonleisure
Bootcamp	Tuesdays 6.00pm – 7.00pm	Woughton Leisure Centre Dojo, Rainbow Drive. Leadenhall	£20 / month unlimited use. Contact for Membership options.	Woughton Leisure Centre 01908 660392 www.milton-keynes.gov.uk/woughtonleisure
Aqua Aerobics	Tuesdays 8.30pm – 9.30pm Thursdays 8pm – 9pm	Bletchley Leisure Centre, Princes Way, Bletchley	£4.50 per session (£3.70 with Passport to Leisure)	Bletchley Leisure Centre 01908 377251 www.hertsmereleisure.co.uk
Step	Tuesdays 8pm - 9pm Sundays 10am – 11am	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£5.50 per class non members, £4.50 for members, £2.75 Passport to Leisure	Shenley Leisure Centre 01908 502488

Adult Cardiovascular/Toning based classes (Cont'd)

Activity	Day & Time	Location	Cost	Contact
Tone Up	Wednesdays 9.30am – 10.30am	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£5.50 non - members, £4.50 members £2.75 P2L	Shenley Leisure Centre 01908 502488
Aquanatal NHS class run by midwifes - For females over 14 weeks pregnant	Wednesdays 9.30am – 10.30am	Bletchley Leisure Centre	£2 per class tracy.rea@mkhospital.nhs.uk	Tracy Rea 07833 482243 or Jill Peet 07917 173301
Aquanatal NHS class run by midwifes - For females over 14 weeks pregnant	Wednesdays 11am – 12pm (Term time only)	Middleton Pool, Newport Pagnell	£2 per class tracy.rea@mkhospital.nhs.uk	Tracy Rea 07833 482243 or Jill Peet 07917 173301
Boxercise	Wednesdays 6pm – 7pm Fridays 6pm – 7pm	Woughton Leisure Centre Theatre, Rainbow Drive. Leadenhall	£20 / month unlimited use. Contact for Membership options.	Woughton LC 01908 660392 www.milton-keynes.gov.uk/woughtonleisure
Body Conditioning	Wednesdays 6.30pm – 7.15pm Thursdays 6.00pm – 7.00pm	Woughton Leisure Centre Studio, Rainbow Drive. Leadenhall	£20 / month unlimited use. Contact for Membership options.	Woughton Leisure Centre 01908 660392 www.milton-keynes.gov.uk/woughtonleisure
Aerobics	Thursdays 9.30am – 10.30am	Healthy Lifestyles Proj. Netherfield Children Centre	£1.50 per class	Kelly Whitaker 07801 863294
Aqua Zumba	Friday, 9.15am – 10am	Bletchley Leisure Centre, Bletchley	£4.00 per week (or £3.20 with P2L)	Bletchley LC 01908 377251 www.hertsmereleisure.co.uk
Aquanatal NHS class run by midwifes - For females over 14 weeks pregnant	Fridays 1.30pm – 2.30pm	Bletchley Leisure Centre	£2 per class tracy.rea@mkhospital.nhs.uk	Tracy Rea 07833 482243 or Jill Peet 07917 173301
Kettlebells & Body Sculpt	Saturdays 9.15pm – 10.15pm	Woughton LC Studio, Rainbow Drive. Leadenhall	£20 / month unlimited use. Contact for Memberships.	Woughton LC 01908 660392

Dance - Zumba (All ages)

Activity	Day & Time	Location	Cost	Contact
Zumba Classes suitable for all. Ditch the workout and join the party!	Mondays 9.30am – 10.15am	Pepperhill School, Bradville	£2 per class	Ana Iversen www.zumbamkfitness.com or zumbana1@yahoo.co.uk
Zumba Fitness – with Julia (High energy & fast pace)	Mondays 5.30 - 6.30pm and 7.30 – 8.30pm	Hazeley Academy, Emperor Dr, Hazeley, MK8 0PT	£5 per class	Julia Berg 07779 339984 zumbamk@tiscali.co.uk
Zumba	Mondays 6.10pm - 7.10pm	Oakgrove School, Middleton	£5 per class	Yasmin Wilkinson 07966 488727 yasmin@zumba.uk.com or www.zumba.uk.com
Zumba Toning	Mondays 6.15pm – 7.00pm	Powerleagues, Fyfiel Barrow, Walnut Tree,	£4 per class (£7.50 if also join in Zumba at 7pm)	Jose zumbawithjose@hotmail.co.uk
Zumba	Mondays 6.30pm - 7.20pm	Tickford Street Community Ctr, Newport Pagnell	£5 per class, 10 classes for the price of 8, valid for 3 months	Kelly Whitaker 07801 863294
Zumba	Mondays 7.00pm – 8.00pm	Powerleagues, Fyfiel Barrow, Walnut Tree,	£5 per class (£7.50 if also join in Zumba Toning at 6.15pm)	Jose zumbawithjose@hotmail.co.uk
Zumba	Mondays 7.35pm - 8.35pm	Radcliffe School, Wolverton	£5 per class	Yasmin 07966 488727 yasmin@zumba.uk.com or www.zumba.uk.com
Zumba	Tuesdays 10.00am – 10.50am	Polenastics Dance Studio, Newport Pagnell	£5 per class, 10 classes for the price of 8, valid for 3 months	Kelly Whitaker 07801 863294
Zumba Toning – with Julia	Tuesdays 5.30pm - 6.30pm	Tickford Park Primary School, Newport Pagnell	£5 per class	Julia Berg 07779 339984 zumbamk@tiscali.co.uk

Adult Dance (Cont'd)

Activity	Day & Time	Location	Cost	Contact
Adult Social Dance - Salsa Latin America and Ballroom Dancing	Thursdays 8.30pm - 10pm (Beginners)	MK Snap, Bourton Low, Walnut Tree	£30 for 5 week course (check website or contact for next course dates)	The Jill Foster Dance Centre 01908 508697 jill@jfdc.co.uk, www.jfdc.co.uk
Adult Social Dance - Salsa Latin America and Ballroom Dancing	Thursdays 8.30pm - 10pm (Improvers / Advanced)	MK Snap, Bourton Low, Walnut Tree	£30 for 5 week course (check website or contact for next course dates)	The Jill Foster Dance Centre 01908 508697 jill@jfdc.co.uk, www.jfdc.co.uk
Salsa lesson & Party night	Friday and Saturday 8pm till midnight	Location varies, please contact Nagore for details	From £5	Nagore 07906 312977 info@almaslatinas.co.uk www.almaslatinas.co.uk
Slim Dance An aerobic dance workout, 'Dump the Diet, Join the fun'	Saturdays 12noon – 1pm (free Taster on Saturday June 25th)	Polenastics Fitness Studio, Suite 12, Howard Way, Newport Pagnell	£28 for 6 week course or £5 per class	Charlotte Gregory 07956 537444 charlotte.gregory@slimdance.co.uk
Latin Solo Bronze Beginners course in Latin dance 'Dump the Diet Join the fun'	Saturdays 1.15 -2.15pm (free Taster on Saturday June 25th)	Polenastics Fitness Studio, Suite 12, Howard Way, Newport Pagnell	£33 for 6 week course or £5 per class	Charlotte Gregory 07956 537444 charlotte.gregory@slimdance.co.uk
Salsa & Latin Lessons – private & small group sessions	Sundays Afternoons & evenings	Please contact for location details	£15 per person	Nagore 07906 312977 info@almaslatinas.co.uk www.almaslatinas.co.uk
1 to 1 Dance Tuition - Ballroom, Latin American, Salsa, Rock n Roll	Various – contact to arrange	Various – contact to arrange	£15 per half hour session	The Jill Foster Dance Centre 01908 508697 jill@jfdc.co.uk, www.jfdc.co.uk

Dance (All ages)

Activity	Day & Time	Location	Cost	Contact
Salsa - all Learn the steps, move your hips, feel great and want more. No partner required.	Mondays 12.30pm - 1.30pm (term time only)	Milton Keynes Dance Centre, Newport Road, New Bradwell	£6.50 per class or 6 classes for £36	Claire Sewell 07776 308809 info@mkdance.fsnet.co.uk
Latin Solo Intermediate level course in Latin dance - 'Dump the Diet Join the fun'	Mondays 6.30pm – 7.30pm (starting 27th June)	Shenley Brook End School, Walbank Grove, Shenley Brook End	£33 for 6 week course or £5 per class	Charlotte Gregory 07956 537444 charlotte.gregory@slimdance.co.uk
Flamenco Dance Club	Mondays 6.45pm – 7.45pm	ACE Rivers Centre, Trent Rd, West Bletchley, MK3 7BB	£1 per member per week, contact for more details	ACE Rivers Centre 01908 556700 or adult.education@milton-keynes.gov.uk
Disco/ Freestyle Dancing (all levels)	Mondays 7.15pm – 8.15pm	Milton Keynes Dance Centre, Newport Road, New Bradwell	£5.50 per class	Dance Centre 01908 227772/ 07968 302398 info@mkdance.fsnet.co.uk
Cuban Salsa and Rueda Fun salsa classes in a small, friendly and lively environment.	Mondays 7.30pm – 9.30pm (except Bank Holidays)	Willen Pavilion, 28 Portland Drive, MK15 9JP	£6 per person (first lesson free, just mention Reactivate)	Nagore 07906 312977 info@almaslatinas.co.uk www.almaslatinas.co.uk
Royal Scottish Country Dance Society MK Scottish dancing suitable for all ages and abilities	Mondays 8pm – 10pm	Bradwell Village Memorial Hall	£3.30 per class	Jan Jones 07877 153259 jange@verybusy.co.uk
Slim Dance An aerobic dance workout, 'Dump the Diet, Join the fun'	Mondays & Wednesdays 8.30pm – 9.30pm	Shenley Brook End School, Walbank Grove, Shenley Brook End	£5 per class	Charlotte Gregory 07956 537444 charlotte.gregory@slimdance.co.uk

Adult Dance (Cont'd)

Activity	Day & Time	Location	Cost	Contact
Line Dancing for beginners	Tuesdays 10am – 11am	Milton Keynes Dance Centre, Newport Road, New Bradwell	£3.50 per class	Dance Centre 01908 227772/ 07968 302398 info@mkdance.fsnet.co.uk
Line Dancing for improvers	Tuesdays 11.15am - 12.15am Wed & Fri 10am – 11am	Milton Keynes Dance Centre, Newport Road, New Bradwell	£3.50 per class	Dance Centre 01908 227772/ 07968 302398 info@mkdance.fsnet.co.uk
Salsa & Latin Lessons – private & small group sessions	Tuesday and Thursday Afternoons & evenings	Please contact for location details	£15 per person	Nagore 07906 312977 info@almaslatinas.co.uk www.almaslatinas.co.uk
Ballroom and Latin lessons from beginners to advanced levels (see times)	Tuesdays beginners & improvers 8pm – 9pm Wednesdays Advanced 8pm – 9pm Friday Improvers 7pm – 8pm Intermediate 8pm – 9pm	Milton Keynes Dance Centre, Newport Road, New Bradwell	£6.50 per class	Dance Centre 01908 227772/ 07968 302398 info@mkdance.fsnet.co.uk www.mkdc.org
Smart Rockers Rock & Roll lessons, singles & couples welcome	Wednesdays 6.00pm – 9.00pm	West Bletchley Community Centre, Porchester Cl, Bletchley	£5 per class	Ann or Wally Smart 01908 365185 www.wbca3.com
Argentine Tango (beginners 4 week course)	Wednesdays 7pm – 8pm (4wks starting May 30th)	Milton Keynes Dance Centre, Newport Road, New Bradwell	£25 for course Please call to book or for further course details	Dance Centre 01908 227772/ 07968 302398 info@mkdance.fsnet.co.uk www.mkdc.org
Dancevybz Street Dance & Hip Hop Classes	Wednesdays 7.15pm – 8.15pm Beginner class	The Buszy, CMK (opposite the train station)	£5 per class	Zec 07858 910907 mk@dancevybz.co.uk www.dancevybz.co.uk

Adult Dance (Cont'd)

Activity	Day & Time	Location	Cost	Contact
Authentic Street Dance Learn all the foundations in hip hop, breakin, lockin, poppin and house	Wednesdays 7.30pm – 8.30pm	Milton Keynes – please call Melissa for confirmation of venue	£6 per class	Melissa Wyley 07971 788731
Thistle Scottish Dance Club suitable for all ages and abilities	Wednesdays 8pm - 10pm	Shenley Brook End Village Hall	£3 per class	Jan Jones 07877 153259 jange@verybusy.co.uk
Cross body style Salsa Fun Salsa classes in a fun environment	Wednesdays Class: 8.30pm – 9.30pm Practice: 9.30pm – 11pm	Longueville Hall, Whaddon Rd, Newton Longville, MK17 0AT	£7 per person for class £2 for practice (first session free, mention Reactivate)	Nagore 07906 312977 info@almaslatinas.co.uk www.sealdanceacademy.co.uk
Dancezone Ball Room & Latin (all abilities welcome)	Wednesday & Thursdays 7.30 – 8.30pm and 8.30 - 9.30pm	Shenley Brook End School, Walbank Grove	£7 per session per week	Tracey Aspin 01908 504271 dancetracey@hotmail.co.uk
Slim Dance An aerobic dance workout, 'Dump the Diet, Join the fun'	Thursdays 6pm – 7pm	Oxley Park Community Centre, Redgrave Dr, Oxley Park	£5 per class	Charlotte Gregory 07956 537444 charlotte.gregory@slimdance.co.uk
Hip Hop (all levels)	Thursdays 7.15pm – 8.15pm	Milton Keynes Dance Centre, Newport Road, New Bradwell	£5.50 per class	Dance Centre 01908 227772/ 07968 302398 info@mkdance.fsnet.co.uk
Rock n Roll (for improvers)	Thursdays 8.15pm – 9pm Fridays 8pm – 8.45pm	Milton Keynes Dance Centre, Newport Road, New Bradwell	£6.50 per class	Dance Centre 01908 227772/ 07968 302398 info@mkdance.fsnet.co.uk