

Physical Activity Timetable

Tai Chi

Mondays 1:30 - 2:30pm, FREE

Mind Wellbeing Centre, Rochdale OL16 1RE

Mondays 11 am- 12pm, £1

Thursdays 1pm - 2pm, £1

The Comple@t Café, Middleton M24 1AF

Badminton

Tuesday afternoons time TBC, £2

Rochdale Leisure Centre, OL16 2HZ

Social Badminton games of singles or doubles dependant on numbers.

Yoga

Mondays 3pm - 4pm, £1.50, first session £1

Thursdays 12:30pm - 1:30pm, £1.50, first session £1

Mind Wellbeing Centre, Rochdale OL16 1RE

Boxing

Various days and times available, FREE, annual membership £2.50

Hamer Amateur Boxing Club, Rugby Road, Rochdale OL12 0EP

Group sessions and limited one-to-one sessions.

Chair Yoga

Chair Yoga - Thursdays 11am - 12pm, £1, first session £1.50

Mind Wellbeing Centre, Rochdale OL16 1RE
Great for people with mobility restrictions or starting on a low intensity programme.

Walking Trips

Every other Thursday at 1:15pm , FREE

Meet: Rochdale Town Hall steps, OL16 1AB

A walking group starting in April 2020, led by our volunteer with planned trips across the region. Transport is provided to get to walking location.

Social Swim

(lessons also available ask Carol)

Social Swim - Wednesday 11am - 12pm, £2.50

Rochdale Leisure Centre, OL16 2HZ

Social Swim - Fridays 2pm - 3pm, £2.50

Heywood Sports Village, OL10 4TW

Events

We have various physical activity events throughout the year from football tournaments to outdoor yoga!

Look out on our website and social media or sign up to our newsletter by emailing info@rochdalemind.org.uk

To book your place or for more info contact Carol on 07971 835 907 or GA4L@rochdalemind.org.uk

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