



LET'S GET MOVING!

YOUR GUIDE TO PHYSICAL ACTIVITY AND WELLNESS IN SHREWSBURY

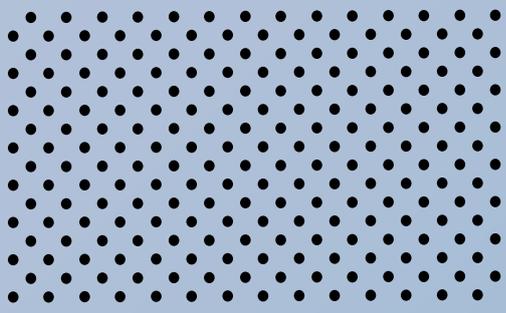


Walking and running:

- **Riverside patient group 'Talk & Walk' sessions**- see our website/social media or ask at reception for details of upcoming walks.
- **Parkrun**- a weekly, free 5km (3 mile) run/jog/walk. Every Saturday 9am in the Quarry, all abilities welcome.
- **Shropshire shufflers**- inclusive running club based in Shrewsbury.
- **Age UK Shrewsbury walking group**- explore the local area and meet new people. Call 01743 233123 for more information.
- **Shrewsbury Muslim Centre walking group**- monthly walks including easy strolls and more challenging mountain routes. Call 01743 296140 for more information.
- **Men walking and talking group** (mental health walks)- meet at blue gates opposite St Chads 7pm on Wednesdays.
- **The Shrewsbury Ramblers**- walks in and around Shrewsbury. Call 01743 243754 for more information.
- **Blaze Trails**- Shropshire Parent and Baby walking group.

Gyms/sports facilities:

- **JD Gym**- Sundorne Retail Park
- **The Shrewsbury Club**- Sundorne Road
- **Shrewsbury Sports Village**- Sundorne Road
- **Anytime Fitness**- Claremont Bank
- **Bannatyne**- Meole Brace
- **Body Tech**- Mardol
- **Pure Gym**- Meole Brace
- **Love2Stay**- gym/sports facilities and classes
- **The Quarry Swimming and Fitness Centre**
- **London Road Sports Centre**
- **Swimming pool finder:**
<https://www.swimming.org/poolfinder/>



Other sport and leisure:

- **Strength and balance classes for age 60+:**
<https://www.energizestw.org.uk/elevate> (fill in the online referral form)
- **Shropshire's Great Outdoors**
<https://www.shropshiresgreatoutdoors.co.uk/>
A guide to walking, cycling, horse riding, parks and activities in Shropshire.
- **Jenna Blair Yoga (Belle Vue)**- a range of classes including yoga to support those living with cancer and chair yoga.
- **Yogalicious Studio**- yoga/Pilates including beginners' classes.
- **Shrewsbury Lawn Tennis Club**- includes walking tennis and tennis at a gentler pace.
- **Town Walls Tennis Club**
- **Shrewsbury Walking Tennis Club**- Cathie Sabin Community Tennis Centre in Sundorne
- **Age UK Walking Football**- women and men. Call 01743 233123 for more information.
- **Age UK fitness classes** (call 01743 233123 for more information):
 - Yoga for older people @ Bomere Heath Village Hall
 - Fitness for men classes- any ability, to improve strength, co-ordination and balance @ Shrewsbury United Reform Church
 - Sit to stand- gentle movement exercise to music @ Shrewsbury United Reform Church
 - Zumba Gold- lower impact, suitable for older adults @ Theatre Severn

At home/self-directed:

- **Couch to 5k**- an exercise programme helping you to gradually build up exercise tolerance with the aim of being able to run 5km
<https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>
- **Exercising with a health condition**- for advice on how to safely exercise with your health condition:
<https://weareundefeatable.co.uk/>

