



Spelthorne Parkies Support Group

Dates for the Diary!

For further information about the Group, please contact Jason Lane on 07793 351208 or email spelthorneparkies@outlook.com

Jul-25				
Day	Date	Activity	Time	Location
Tuesday	01-Jul	Fitness Session (With Rory)	11:30 - 12:00	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	02-Jul	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	02-Jul	Pilates (Chaired based) with Michelle**	13:00 - 13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Thursday	03-Jul	Parkies Pub Gathering	18:00 - 19:30	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Saturday	05-Jul	Spelthorne Parkies Congress (Ticket Event Only)	09:30 - 18:00	Salvation Army, Woodthorpe Road, Ashford, TW15 3JY
Monday	07-Jul	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	09-Jul	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	09-Jul	Pilates (Chaired based) with Michelle**	13:00 - 13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	11-Jul	Fitness Session (With Michelle)	CANCELLED	CANCELLED
Monday	14-Jul	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	15-Jul	Fitness Session (With Rory)	11:30 - 12:00	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	16-Jul	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	16-Jul	Pilates (Chaired based) with Michelle**	CANCELLED	CANCELLED
Saturday	19-Jul	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF



Spelthorne Parkies Support Group

Monday	21-Jul	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	23-Jul	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	23-Jul	Pilates (Chaired based) with Michelle**	13:00 - 13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	25-Jul	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	28-Jul	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	29-Jul	Fitness Session (With Rory)	11:30 - 12:00	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	30-Jul	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	30-Jul	Pilates (Chaired based) with Michelle**	13:00 - 13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ

Aug-25				
Day	Date	Activity	Time	Location
Saturday	02-Aug	Move to Music	14:00 - 15:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	04-Aug	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday		Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	06-Aug	Pilates (Chaired based) with Michelle**	13:00 - 13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Thursday	07-Aug	Parkies Pub Gathering	18:00 - 19:30	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Friday	08-Aug	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	11-Aug	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	12-Aug	Fitness Session (With Rory)	11:30 - 12:00	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD



Spelthorne Parkies Support Group

Wednesday		Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	13-Aug	Pilates (Chaired based) with Michelle**	13:00 - 13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	16-Aug	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Monday	18-Aug	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday		Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	20-Aug	Pilates (Chaired based) with Michelle**	13:00 - 13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	22-Aug	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	25-Aug	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	26-Aug	Fitness Session (With Rory)	11:30 - 12:00	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday		Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	27-Aug	Pilates (Chaired based) with Michelle**	13:00 - 13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ

Sep-25				
Day	Date	Activity	Time	Location
Monday	01-Sep	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	03-Sep	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	03-Sep	Pilates (Chaired based) with Michelle**	13:00 - 13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Thursday	04-Sep	Parkies Pub Gathering	18:00 - 19:30	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Friday	05-Sep	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ



Spelthorne Parkies Support Group

Saturday	06-Sep	Move to Music	14:00 - 15:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	08-Sep	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	09-Sep	Fitness Session (With Rory)	11:30 - 12:00	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	10-Sep	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	10-Sep	Pilates (Chaired based) with Michelle**	13:00 - 13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	15-Sep	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	17-Sep	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	17-Sep	Pilates (Chaired based) with Michelle**	13:00 - 13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	19-Sep	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	20-Sep	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Monday	22-Sep	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	23-Sep	Fitness Session (With Rory)	11:30 - 12:00	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	24-Sep	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	24-Sep	Pilates (Chaired based) with Michelle**	13:00 - 13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	29-Sep	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ



Spelthorne Parkies Support Group

****Places Leisure Centre offer a Exercise Referral programme. This is the ideal opportunity to introduce physical activity to individuals with long-term health conditions in a safe and welcoming environment, enhance their overall health and well-being, and provide a foundation for long-term behaviour change.**

Referrals can be made via your GP or a health professional (Parkinsons 's Nurses) via Places Leisure website.

Some of the classes marked above will be chargeable by the Leisure Centre either with a Health community Membership or Pay as you go.

For more details, please contact Eclipse - 01784 493493

Email: enquiries@pfleisure.org

Healthy Communities Class Timetable

Active Health - Circuits
Monday 12:00-13:00 - Eclipse
Friday 12:00-13:00 - Eclipse

Active Health - Speedflex
Monday 13:00-13:30 - Eclipse

Active Health - Hearts
Tuesday 11:45-12:45 - Eclipse

Active Health - Pulmonary
Tuesday 14:00-15:00 - Eclipse
Thursday 14:00-15:00 - Eclipse

Active Health - Aqua
Wednesday 09:00-10:00 - Eclipse
Thursday 13:30-14:30 - Sunbury

Strength and Balance
Wednesday 12:00-13:00 - Eclipse
Friday 10:15-11:15 - Eclipse

Parkinsons Move and Shout
Wednesday 13:00-13:45 - Eclipse

Women's Walks
Tuesday 09:15-10:00 - Eclipse

Drop In Gym
Wednesday 15:15-16:00 - Eclipse
Thursday 12:15-12:45 - Sunbury
Saturday 14:00-15:00 - Eclipse

Session prices will vary depending on which referral pathway is chosen. Independent gym and swim sessions are also available to attend.