



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

Oct-25				
Day	Date	Activity	Time	Location
Wednesday	01-Oct	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	01-Oct	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	03-Oct	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	04-Oct	Move to Music	14:00 - 15:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	06-Oct	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	07-Oct	Fitness Session (With Rory)	11:30 - 12:00	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	08-Oct	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	08-Oct	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Thursday	09-Oct	Parkies Pub Gathering	18:00 -19:30	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Monday	13-Oct	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	15-Oct	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	15-Oct	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	17-Oct	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	18-Oct	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Monday	20-Oct	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ



Spelthorne Parkies Support Group

Tuesday	21-Oct	Fitness Session (With Rory)	11:30 - 12:00	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	22-Oct	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	22-Oct	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	27-Oct	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	29-Oct	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	29-Oct	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	31-Oct	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ

Nov-25				
Day	Date	Activity	Time	Location
Monday	03-Nov	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	04-Nov	Fitness Session (With Rory)	11:30 - 12:00	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	05-Nov	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	05-Nov	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Thursday	06-Nov	Parkies Pub Gathering	18:00 -19:30	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Saturday	08-Nov	Move to Music	14:00 - 15:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	10-Nov	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	12-Nov	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	12-Nov	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	14-Nov	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ



Spelthorne Parkies Support Group

Saturday	15-Nov	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Monday	17-Nov	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	18-Nov	Fitness Session (With Rory)	11:30 - 12:00	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	19-Nov	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	19-Nov	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	24-Nov	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	26-Nov	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	26-Nov	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	28-Nov	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ

Dec-25				
Day	Date	Activity	Time	Location
Monday	01-Dec	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	02-Dec	Fitness Session (With Rory)	11:30 - 12:00	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	03-Dec	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	03-Dec	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Thursday	04-Dec	Parkies Pub Gathering	18:00 -19:30	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Friday	05-Dec	Parkies Christmas Lunch	TBC	TBC - More details to follow
Saturday	06-Dec	Move to Music	14:00 - 15:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ



Spelthorne Parkies

Support Group

Monday	08-Dec	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	10-Dec	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	10-Dec	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	12-Dec	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	15-Dec	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	16-Dec	Fitness Session (With Rory)	11:30 - 12:00	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	17-Dec	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	17-Dec	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	20-Dec	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Monday	22-Dec	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	24-Dec	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	24-Dec	Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	30-Dec	Fitness Session (With Rory)	11:30 - 12:00	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD



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@pfplesure.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.