



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

Apr-26				
Day	Date	Activity	Time	Location
Wednesday	01-Apr	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Thursday	02-Apr	Parkies Pub Gathering	18:00 -19:30	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Monday	06-Apr	SpeedFlex Fitness Session with Anna**	CANCELLED (Easter Mon)	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	07-Apr	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	08-Apr	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	11-Apr	Move to Music	14:00 - 15:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	13-Apr	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	15-Apr	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	17-Apr	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	18-Apr	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Monday	20-Apr	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	21-Apr	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD

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Spelthorne Parkies Support Group

Wednesday	22-Apr	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Afternoon Tea	16:00 - 18:00	The Lucan Tea Room, Laleham, Staines TW18 1RZ
Monday	27-Apr	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	29-Apr	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ

May-26

Day	Date	Activity	Time	Location
Friday	01-May	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	04-May	SpeedFlex Fitness Session with Anna**	CANCELLED (Bank Holiday)	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	05-May	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	06-May	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Thursday	07-May	Parkies Pub Gathering	18:00 -19:30	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Monday	11-May	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	13-May	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	15-May	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	16-May	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF

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Spelthorne Parkies Support Group

Monday	18-May	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	19-May	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	20-May	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	25-May	SpeedFlex Fitness Session with Anna**	CANCELLED (Bank Holiday)	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	27-May	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Afternoon Tea	16:00 - 18:00	The Lucan Tea Room, Laleham, Staines TW18 1RZ
Friday	29-May	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ

Jun-26

Day	Date	Activity	Time	Location
Monday	01-Jun	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	02-Jun	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	03-Jun	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Thursday	04-Jun	Parkies Pub Gathering	18:00 -19:30	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Saturday	06-Jun	Move to Music	14:00 - 15:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	08-Jun	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	10-Jun	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ

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Spelthorne Parkies Support Group

		Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	12-Jun	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	15-Jun	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	16-Jun	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	17-Jun	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	20-Jun	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Monday	22-Jun	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	24-Jun	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	26-Jun	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Sunday	28-Jun	Charity Stall at Staines Upon Thames Day	11:00 - 16:00	Staines High Street and Riverside
Monday	29-Jun	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ

****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 the Spelthorne Parkies Support Group, your GP or a health professional (Parkinson'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@eclipse@pfpleisure.org

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Spelthorne Parkies Support Group

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.