



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-26				
Day	Date	Activity	Time	Location
Wednesday	01-Jul	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
Thursday	02-Jul	Parkies Pub Gathering (Talk about Lasting Power of Attorney)	18:00 - 19:30	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Monday	06-Jul	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	08-Jul	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	10-Jul	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	13-Jul	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	14-Jul	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	15-Jul	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	18-Jul	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Monday	20-Jul	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ

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Wednesday	22-Jul	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	24-Jul	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	27-Jul	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	28-Jul	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	29-Jul	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

Aug-26

Day	Date	Activity	Time	Location
Monday	03-Aug	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	05-Aug	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	06-Aug	Parkies Pub Gathering	18:00 - 19:30	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Friday	07-Aug	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	08-Aug	Move to Music	14:00 - 15:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	10-Aug	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	11-Aug	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	12-Aug	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ

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		Pilates (Chaired based) with Michelle**	13:00 - 13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	15-Aug	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Monday	17-Aug	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	18-Aug	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	19-Aug	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	21-Aug	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	24-Aug	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	25-Aug	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	26-Aug	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	31-Aug	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Bank Holiday Monday

Sep-26				
Day	Date	Activity	Time	Location
Wednesday	02-Sep	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
Thursday	03-Sep	Parkies Pub Gathering	18:00 - 19:30	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)

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Spelthorne Parkies

Support Group

Friday	04-Sep	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	07-Sep	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	08-Sep	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	09-Sep	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	14-Sep	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	16-Sep	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	18-Sep	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	19-Sep	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Monday	21-Sep	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	22-Sep	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	23-Sep	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
Saturday	26-Sep	Spelthorne Parkies Congress	10:00 - 16:00	Greeno Centre, Shepperton, Meadow View, Shepperton, TW17 9DH
Monday	28-Sep	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	30-Sep	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

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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 the Spelthorne Parkies Support Group, 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.