



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-26				
Day	Date	Activity	Time	Location
Thursday	01-Oct	Parkies Pub Gathering	18:00 -19:30	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Friday	02-Oct	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	05-Oct	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	06-Oct	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	07-Oct	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	12-Oct	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	14-Oct	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	16-Oct	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	17-Oct	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
		Move to Music	14:00 - 15:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	19-Oct	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	20-Oct	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	21-Oct	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	26-Oct	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	28-Oct	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	30-Oct	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ

Nov-26

Day	Date	Activity	Time	Location
Monday	02-Nov	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	03-Nov	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	04-Nov	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	05-Nov	Parkies Pub Gathering	18:00 - 19:30	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Monday	09-Nov	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	11-Nov	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	13-Nov	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	16-Nov	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ

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Spelthorne Parkies

Support Group

Tuesday	17-Nov	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	18-Nov	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	21-Nov	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Monday	23-Nov	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	25-Nov	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	27-Nov	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	30-Nov	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ

Dec-26

Day	Date	Activity	Time	Location
Tuesday	01-Dec	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	02-Dec	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	03-Dec	Parkies Pub Gathering	18:00 - 19:30	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Friday	04-Dec	Parkies Christmas Lunch (Limited Tickets)	14:00	The Italian Concept, Windosor Road, Egahm, TW20 0AE (more info to follow)
Saturday	05-Dec	Move to Music (Last Session)	14:00 - 15:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	07-Dec	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ

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Spelthorne Parkies Support Group

Wednesday	09-Dec	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	11-Dec	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	14-Dec	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	15-Dec	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	16-Dec	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	19-Dec	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Monday	21-Dec	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	23-Dec	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
Tuesday	29-Dec	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD

****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@eclipse.pleasure.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.