

Monday

11am-12pm

Walking Football

Wearmouth Cricket Club
SR5 2SD

2-3pm

Broadway Boogie

Austin House SR5 2JX

1-2pm

Seated Pilates

Austin House SR5 2JX

Thursday

9.45-10.45am

Box Fit

Austin House SR5 2JX

11.45am- 12.30pm

Pilates Stretch

Austin House SR5 2JX

10.45-11.45am

SH1FT Fitness

Austin House SR5 2JX

Tuesday

9-9.45am

Clubbercise

Carnival House SR5 2JD
(women and girls 16+)

11am-12pm

Yoga

Austin House SR5 2JX



10-11am

Total Body Fitness

Austin House SR5 2JX

Friday

11-11.45am

Seated Exercise

Austin House SR5 2JX

5-6pm

Bootcamp

Thompson Park Tennis
Courts SR5 1JN

11am-12pm

Walking Football

Wearmouth Cricket Club
SR5 2SD

7-8pm

Ice Guys

Walking Football

Beacon of Light SR5 1SN
(men 16+) every 2nd and 4th
Saturday of the month

Wednesday

9.30-10.30am

Led walk

Carnival House SR5 2JD

12.30-1.30pm

Seated Exercise

Thompson Park
Community Centre SR5 1LG
(anyone 55+)

9.30-10.30am

Upper Body Sculpt

Austin House SR5 2JX

6.30-7.30pm

Clubbercise

Thompson Park
Community Centre SR5 1LG

Saturday

9-11am

Get Fit Play Football

Thompson Park Football
Fields SR5 1SF
(men 16+)

£3 per session



Get active with Change the Game Southwick, come along to one of our free classes if you are 16+ and living or working in Southwick. **Scan QR code to find out more.**

