

## Personal Best Activity Programme 18th May - 25th July

Have a look at what is on offer, try as many activities as you wish and remember you can join the programme at any time.

### Chair Based Exercise

Time:  
11am-12pm

Fridays

A seated exercise session followed by relaxation. Suitable for Over 50s, people with physical disabilities and a range of health conditions.

Venue: Lifestyle Centre Cost: FREE

### 50+ Exercise

Time:  
10.30am-12pm

Tuesdays

An energetic fitness session to get the heart racing, specifically designed for those people over 50 years of age.

Venue: Lifestyle Centre Cost: £2.00

### Dance Fitness

Time:  
7-8pm

Wednesdays

Get active, dance and have great fun with this new session.

Venue: Lifestyle Centre Cost: £1.00

### Basketball

Time:  
8-10pm

Tuesdays

An introduction to the game for beginner's with coaching and support for new players and those wanting to return to the sport, followed by friendly small sided matches.

Venue: Lifestyle Centre Cost: £1.00

### Dodgeball

Time:  
8-9pm

Tuesdays

Come and have a go at this fast energetic sport that is suitable for all abilities. The session is being led by coaches from Manchester Bees Dodgeball Club

Venue: Lifestyle Centre Cost: £1.00

### Callanetics

Time:  
6-7pm

Wednesdays

A unique type of workout based on Ballet and Yoga, involving repetitive contractions using a small range of motion. The exercises isolate muscle groups and work on targeted areas of the body. Suitable for people of all ages.

Venue: Lifestyle Centre Cost: £2.00

### Health Trainers

Time:  
By Appointment

Mondays

For those of you looking to achieve a health-related Personal Best, Manchester Community Health Trainers are the resource for you! Health Trainers can help you achieve your goals. Losing weight, eating more healthily, getting active, giving up smoking, reducing the amount of alcohol you drink, reducing stress or something else to improve your health. It's not an advice service; it's a support service which can help you make the changes you want to AND you can achieve your Wythenshawe Games Personal Best too!

Venue: Benchill Community Centre Cost: FREE

## Personal Best Activity Programme 18th May - 25th July

### Legs, Bums & Tums

Time:  
5.30-6.30pm

Mondays

A conditioning class that focuses on re-shaping the lower body. This is a low impact class, with an element of cardiovascular work and suitable for all levels of fitness.

Venue: Lifestyle Centre Cost: £1.00

### Morris Dancing

Time:  
7-8.30pm

Tuesdays

Sarelles Morris Dance Troupe are offering this great family activity for those who want to have fun, keep fit or even become a dancer. This is real community group with lots of local people getting involved in a healthy sociable activity. Our senior class is for adults (16+) Come along and join us!

Venue: Lifestyle Centre Cost: £2.00

### Multi-Sports

for people with a learning disability

Time:  
1.30-2.30pm

Tuesdays

An indoor multi-sports session for people with learning disabilities, with a mixture of sports on offer across the programme including: Badminton, Basketball, Cricket, Dodgeball, Netball, Hockey, Volleyball. In partnership with Better Things

Venue: Lifestyle Centre Cost: FREE

### Netball

Time:  
6-7pm

Wednesdays

Give netball a try or take the opportunity to get back into it. Wythenshawe Netball Club are established at the Lifestyle Centre and welcome new members.

Venue: Lifestyle Centre Cost: £2.00

### Running

Time:  
7-8pm

Thursdays

A coaching session designed for beginners or people wanting to find a way to get back into running. You may want to learn some basic techniques or work your way up to running in the 5K Summers Sizzlers in Wythenshawe Park

Venue: Lifestyle Centre Cost: FREE

### Short Mat Bowls

Time:  
10am-12pm

Mondays

This session is designed for those people that may want to get back into short mat bowls or have a particular interest in getting started. There is no instruction but helpful hints and tips will be offered by our volunteer.

Venue: Lifestyle Centre Cost: £1.00

### Social Tea Dance

Time:  
1pm-4pm

Sundays

Come and share a leisurely Sunday afternoon with our Sunday social group, includes tea, coffee and biscuits

Venue: Lifestyle Centre Cost: £1.00

### Walking Football

Time:  
10am-11am

Saturdays

If you're a football fan or just want to stay active why not come and play the slower paced form of the game which is growing in popularity across the Country. Includes tea, coffee and toast

Venue: Lifestyle Centre Cost: £2.00

For more information contact Jordan Tyms on  
0161 436 0560 or email [jordan.tyms@wchg.org.uk](mailto:jordan.tyms@wchg.org.uk)

  
Woodhouse Park Lifestyle Centre, Portway, Wythenshawe M22 1QW  
Tel: 0161 436 0560

  
Benchill Road, Wythenshawe, Manchester M22 8EJ  
Tel: 0161 945 0879

## Personal Best Activity Programme 18th May - 25th July

<b>Saturdays</b>	<b>Wheelchair Dancing</b>	Time: 11am-1pm
	Strictly Wheelchair Dancing is a wheelchair ballroom dancing group for all ages and abilities. Anyone is welcome no matter what their ability or disability. Wheelchair dancers can learn "combi" style dancing with an able-bodied partner, or "duo" style dancing for two wheelchair users together. Wheelchair users can use an electric or manual wheelchair.	
Venue: Lifestyle Centre		Cost: £4.00 (£2 per carer)

<b>Thursdays</b>	<b>Yoga</b>	Time: 7.30-8.30pm
	The ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.	
Venue: Lifestyle Centre		Cost: £1.00

<b>Tuesdays</b>	<b>Women's Football</b>	Time: 6-7pm
	An opportunity to take part in one of the fastest growing sports in the country. This is a new session and beginners are welcome. So why not come and give it a go?	
Venue: Lifestyle Centre		Cost: £1.00

<b>Tuesdays</b>	<b>Zumba</b>	Time: 6.30pm - 7.30pm
	Zumba is perfect for everyone who loves to dance and move. You don't need any previous experience, or even any rhythm. The sessions at Benchill Community Centre are delivered in association with Manchester City Council's Active Lifestyles' programme. Our instructor will make sure you feel welcome, they are fully trained and experienced, and they will adapt the class to suite your level of fitness and skill. There is no excuse not to set your Personal Best!	
Venue: Lifestyle Centre		Cost: £2.00
<b>Mondays</b>	<b>Zumba</b>	Time: 7.30pm - 8.30pm
	Zumba is perfect for everyone who loves to dance and move. You don't need any previous experience, or even any rhythm. The sessions at Benchill Community Centre are delivered in association with Manchester City Council's Active Lifestyles' programme. Our instructor will make sure you feel welcome, they are fully trained and experienced, and they will adapt the class to suite your level of fitness and skill. There is no excuse not to set your Personal Best!	
Venue: Benchill Community Centre		Cost: £2.00

### Follow the steps below to join in and have fun.



- 1 Have a look at all the activities on offer throughout the 10 week programme (enclosed) and decide which ones you want to take part in.
- 2 Register online at [www.wythenshawegames.org.uk](http://www.wythenshawegames.org.uk) and select your sessions. You can log back in anytime to update your choices.
- 3 Pick up your Personal Best Passport from either the Woodhouse Park Lifestyle Centre, Portway, Wythenshawe M22 1QW or Benchill Community Centre, Benchill Road, Wythenshawe M22 8EJ.
- 4 Go along to your chosen sessions and get your passport stamped (one stamp for each session you attend).
- 5 Drop of your Passport by 26th July to either Centre
- 6 Come along to closing event on Thursday 30th July

# PERSONAL BEST PROGRAMME



[www.wythenshawegames.org.uk](http://www.wythenshawegames.org.uk)

Monday 18th May - 25th July 2015

Get **active** & **try** something different **this Summer**



Set your own Personal Goals and try to beat your Personal Best



For more information contact Jordan Tyms on 0161 436 0560 or email [jordan.tyms@wchg.org.uk](mailto:jordan.tyms@wchg.org.uk)