

Jennyfield Styan Community Wellbeing Hub Fitness & Activity Classes

From Monday 31st March 2025

- Fitness classes
- Active Health classes
- Externally run activities
- Social and support groups

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Carpet Bowls 9.30 – 10.30am	Dance Aerobics 9.30 – 10.30am	Fit4Function 9.30 – 10.15am	Exercise for Neurological Conditions (Start) 9.30 – 10.30am	Bowls for Therapy 9.30 – 10.30pm		
Carpet Bowls Social 10.30 – 11am	Pilates 10.45 – 11.45am	Advanced Balance 10.30 – 11.15am	Harrogate Respiratory Group 10am – 12noon (every 2nd Thursday of the month)	Bowls for Therapy Social 10.30 – 11pm		
Falls Prevention (Succeed) 10.45 – 11.45am	Fit4Future (Start) 1 – 1.45pm	Zumba Gold 11.30am – 12.30pm		Falls Prevention (Start) 10.45 – 11.45am	White Tiger Karate Academy 11am – 12noon	
Falls Prevention (Start) 12noon – 1pm	Exercise and Fitness 2 – 3pm		Moving in Circles 11am – 12noon	Cook and Eat 11.15am – 1.15pm		
Heart Support 1.15 – 2.15pm	Fit4Future (Succeed) 3.15 – 4pm	Healthy You 1.15 – 2.45pm	Yoga Therapy 1.15 – 2pm	Falls Prevention (Succeed) 12noon – 1pm		
Bowls for Therapy 2.30 – 3.30pm		Val's Tai Chi 3 – 4pm		Exercise after Stroke (Succeed) 1.15 – 2.15pm		
Bowls for Therapy Social 3.30 – 4pm				Exercise after Stroke (Start) 2.30 – 3.30pm		
Hajime Judo Club 3.45 – 6.30pm	KTA Taekwondo 6 – 7pm	Junior Springboard 5.30 – 6.30pm	Atlas Arts Cheerleading 5.30 – 6.15pm	Healthy You 3.45 – 5.15pm		
		Springboard 6.30 – 8.30pm	Jennyfield Youth Club 7 – 9pm			

Fitness classes - open for all members

Dance Aerobics - This session is a workout based on a dance routine. It is great for all ages and will help you get in shape while having fun. It will help build strength, muscular endurance and flexibility.

Pilates - These sessions will help you lengthen and strengthen your muscles, improve your core strength, stability and mobility. Suitable for beginners and people with more experience.

Yoga Therapy - Yoga therapy is a holistic approach that combines the ancient wisdom of yoga with modern therapeutic techniques. It focuses on using breathwork, gentle stretches, and relaxation techniques to support individuals in their physical, emotional, and mental well-being.

Zumba Gold - Perfect for adults who are looking for a lower impact Zumba class that recreates the original moves you love. The class focuses on motion, balance and co-ordination.

All fitness classes are free to Active North Yorkshire members or £6.20 per class for non members. To book call us on 01423 521667, or via the Active North Yorkshire Active App.

Active Health Classes

- open for all members but may require an assessment before attendance

Advanced balance - Lower leg strength and balance class, aimed to improve lower body strength, balance and co-ordination. This will help you safely perform everyday activities with confidence. Aimed at an already active adult wanting to increase their confidence, strength or continuing rehabilitation from injury. To book contact active.health@northyorks.gov.uk tel: 01423 556106.

Exercise after stroke - Specifically developed sessions to help stroke survivors progressively recover: lost balance; co-ordination; functional strength; movement and flexibility. To book contact active.health@northyorks.gov.uk tel: 01423 556106.

Exercise for Neurological Conditions - Exercise session for people with Parkinson conditions. Chair based or standing exercises focusing on: balance, correct body position and alignment, walking ability and strength. To book contact active.health@northyorks.gov.uk tel: 01423 556106

Falls prevention - This is a gentle exercise class designed to improve your strength and balance, enabling you to enjoy more physical activity, while reducing the risk of a fall. To book contact active.health@northyorks.gov.uk tel: 01423 556106.

Fit4Function - Class designed to improve posture, strength, agility, co-ordination, balance and general health to reduce risk of falls with an extra focus on lower body muscular strength with people with Osteoarthritis. To book contact active.health@northyorks.gov.uk tel: 01423 556106

Fit4Future - an exercise class for people undergoing treatments, after treatment or recovering from cancer. To book contact active.health@northyorks.gov.uk tel: 01423 556106.

Healthy You - A 12 week weight management programme. Participants must be over 18 with a BMI of 30+ to attend. Course includes nutritional and lifestyle advice. Visit northyorks.gov.uk/healthy-living/healthy-you to register for the programme or phone 01423 556106.

All Active Health classes are free to Active North Yorkshire members or £5.60 per class for non members. To book call us on 01423 556106.

Externally run activities

Atlas Arts Cheerleading - a thrilling mix of gymnastics, performance, and dance. It takes athletic ability, strength, rhythm, and a whole lot of passion. For children aged 7-11. Contact info@atlasarts.co.uk

Exercise and fitness - Movement class for older people which helps build up stamina and fitness. Contact valerie@cooke989.plus.com

Hajime Judo club - Judo martial art classes for kids and adults to help build confidence, discipline and self-control. Contact balazs.csepes@britishjudo.org.uk

Harrogate Heart Support Group - Cardio exercise classes for people with heart problems. Contact Robin on 07887 768887.

Harrogate Respiratory Group - Support and social group for adults with respiratory illnesses and their spouses/carers. Free Contact: Alan Jarvis 01423 864412 or Sarah Hallworth on 07818 262215.

Jennyfield Youth Club - Sports, arts, crafts, baking, education and cooking. Contact North Yorkshire Youth on 01845 522145 email info@nyy.org.uk 50p entry.

KTA Taekwondo - Learn life skills in a fun and constructive environment, for all ages from 5 years. Contact 07944 988806. harrogatetaekwondo.co.uk. Free trial.

Moving in circles - Specifically designed for older people to help increase fitness, vitality and confidence. Contact Age UK 0300 3020100.

Val's Tai Chi - Improve movement and stamina using this gentle short form exercise. To book email valerie@cooke989.plus.com

White Tiger Karate Academy - Fun self-defence, confidence building, grading system and fitness. First class free. Contact David on 07852 131880 or email whitetigerkarate@gmail.com. £5.50

Social and support groups

Carpet Bowls - A great way to exercise and meet new friends with tea and biscuits. Contact us on 01423 521667. £4.25

Carpet Bowls for Therapy - A great way to exercise and meet new friends with tea and biscuits. Contact us on 01423 521667. £4.25

Cook and Eat - Cooking on a budget? Bored of the same meals? Need confidence cooking? Relying on convenience food. Come along and cook affordable healthy family meals with everyday ingredients. It's free and we provide the ingredients. Take away what you have cooked or stay, eat and chat together.

Junior Springboard - For Primary aged children.
Senior Springboard - for children in Year 6 up to 18. Both sessions are aimed at children and young people who have autism and are of mainstream academic ability.