

# Jennyfield Styan Community Wellbeing Hub Fitness & Activity Classes

From 1st April 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Short Mat Bowls 9.30 - 10.30am	Step n Tone 9.30 - 10.30am	Fit4Function 9.30 - 10.15am	Exercise for Neurological Conditions (Start) 9.30 - 10.30am	Short Mat Bowls 9.30 - 10.30pm		
Short Mat Bowls Social 10.30 - 11am	Pilates & Stretch 10.45 - 11.45am	Advanced Balance 10.30 - 11.15am	Harrogate Respiratory Group 10am - 12noon (every 2nd Thursday of the month)	Short Mat Bowls 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	MSK Back Specific 3.15 - 4pm		Yoga Therapy 1.15 - 2pm	Falls Prevention (Succeed) 12noon - 1pm		
Tea for a Talk, Coffee for a Chat 1 - 3pm		Val's Tai Chi 3 - 4pm		Exercise after Stroke (Succeed) 1.15 - 2.15pm		
				Exercise after Stroke (Start) 2.30 - 3.30pm		
Hajime Judo Club 3.45 - 6.30pm	KTA Taekwondo 6 - 7pm	Sensory Adventure Seekers 5.30 - 6.30pm	Atlas Arts Cheerleading 5.30 - 6.15pm	Healthy You 3.45 - 5.15pm		
	Sunpower Yoga 7.30 - 8.30pm	Springboard 6.30 - 8.30pm	Jennyfield Youth Club 7 - 9pm			

[www.northyorks.gov.uk/active](http://www.northyorks.gov.uk/active)  
01423 556117



## Active Health Classes

- referral only

**Exercise after stroke** - Specifically developed sessions to help stroke survivors progressively recover: lost balance; co-ordination; functional strength; movement and flexibility.

**Exercise for Neurological Conditions** - Exercise session for people with Neurological conditions such as Parkinsons. Chair based or standing exercises focusing on: balance, correct body position and alignment, walking ability and strength.

**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.

**Fit4Future** - an exercise class for people undergoing treatments, after treatment or recovering from cancer.

**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](http://northyorks.gov.uk/healthy-living/healthy-you) to register for the programme or phone 01423 556106. Please be aware there is likely to be a waiting list for this programme.

**MSK Back Specific** - Free of charge and offers 12-week support for working age people who are experiencing musculoskeletal pain recovering from injury that are impacting their ability to work and remain physically active.

All Active Health classes are free to Active North Yorkshire members or £6.20 per class for non members. To enquire call us on 01423 556106 or email [activenorthyorkshire@northyorks.gov.uk](mailto:activenorthyorkshire@northyorks.gov.uk).

## 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](mailto:info@atlasarts.co.uk)

**Exercise and fitness** - Movement class for older people which helps build up stamina and fitness. Contact [valerie@cooke989.plus.com](mailto:valerie@cooke989.plus.com)

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

**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](mailto:balazs.csepes@britishjudo.org.uk)

**Harrogate Respiratory Group** - Support and social group for adults with respiratory illnesses and their spouses/carers. Free Contact: Lana Hannant on 07525 638212.

**Jennyfield Youth Club** - Sports, arts, crafts, baking, education and cooking. Contact North Yorkshire Youth on 01845 522145 email [info@nyy.org.uk](mailto: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](http://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.

**Sunpower Yoga** - Mixed ability yoga classes with Helen. No previous experience needed. Contact Helen on 07732 504455 or email [helenyoga43@gmail.com](mailto:helenyoga43@gmail.com).

**Val's Tai Chi** - Improve movement and stamina using this gentle short form exercise. To book email [valerie@cooke989.plus.com](mailto: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](mailto:whitetigerkarate@gmail.com). £5.50

## Fitness classes - open for all members

**Advanced balance** - 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.

**Fit4Function** - Class designed to improve posture, strength, agility, co-ordination, balance and general health to reduce risk of falls with an focus muscular strength.

**Pilates & Stretch** - 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.

**Step n Tone** - A full body workout using a step platform for cardiovascular fitness followed by strength and flexibility training using a variety of equipment (weights, bands and bender balls). Suitable for all fitness levels.

**Yoga Therapy** - A gentle class combining breakthwork, movement and relaxation to support both mind and body. Using breath techniques, gentle stretches and guided relaxation, the class is designed to help improve physical, emotion and mental wellbeing.

**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.

## Social and support groups

**Tea for a Talk, Coffee for a Chat** - A relaxed sociable session for anyone who wants to have a cuppa and a chat. To book a place, please contact us on 01423 521667, or book via the Active North Yorkshire App.

**Cook and Eat** - Do you have difficulty cooking a meal? Trying to manage on a budget? We will work together to cook a nutritious meal using donated produce which you can enjoy at the Centre or take home.

**Sensory Adventure Seekers** - Stay & Play session with play based activities for primary school aged children with special educational needs and/or disabilities. Term time only.

**Springboard** - Youth Club activities for young people in year 6 up to 18 years who have special educational needs and/or disabilities. Term time only.

**Teen Holiday Session** - Youth club activities and a cooked meal for young people aged 12-25 years old who have special educational needs and/or disabilities.

**Short Mat Bowls** - an indoor, accessible variation of lawn bowls played on a 40-45ft by 6ft carpet. A great way to exercise and meet new friends. The session is followed by a social get together with tea, coffee and biscuits.