

Stockwell Wellbeing Hub Fitness and Activity Classes

From April 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitball 9.05 - 9.50am	Circuits 9 - 9.45am	Total Tone 9.15 - 10am	Advanced Balance 9.30 - 10.15am	Fitmix 9.30 - 10.30am		KIXX 9 - 11.40am
Tai Chi 9.45 - 10.45am	Healthy You 10:30am - 12noon	Table tennis 10.15am - 12.15pm	Pilates and stretch 9.30 - 10.30am	Conversational French 9.30 - 11am	Kids Inclusive Social Saturday 10am - 1pm	
Falls Prevention (Thrive) 11am - 12noon	Cook and eat 11 - 1pm	Yoga Therapy 1 - 2pm	Pilates for men 10.45 - 11.45am	Pilates and Stretch 10.30 - 11.30am		
Falls Prevention (Social) 12noon - 12.30pm	Seated Exercise 11.15am - 12.15pm		Falls Prevention (Succeed) 12 - 1pm	Functional Fitness 11.45am - 12.30pm		
Fit4Function 12.45 - 1.30pm	Functional Fitness 12.45 - 1.30	Gardening Group 12.45 - 2.45pm				
	Falls Prevention (Start) 1.45 - 2.45pm		Tai Chi with Caren 1.30 - 2.30pm	Trinity Tea Dance 1.45 - 4pm		
Fit4Future (Succeed) 2.15 - 3pm			Crochet social 3 - 4pm			
Fit4Future (Thrive) 3.15 - 4pm			Healthy You 3 - 4.30pm			
Cardiac Rehab (Phase 4) 4.30 - 5.45pm	Girls Group 4 - 6pm	Pilates and Stretch 4 - 4.45pm				
Tai Chi with Caren 7 - 8pm	Tai Chi 7 - 8pm		Circuits 6.45 - 7.30pm			

www.northyorks.gov.uk/active
01423 862702



Active Health Classes

- referral only

Cardiac rehab (phase 4) - a follow on circuit based exercise class designed specifically for people who have had a cardiac event to improve physical and mental wellbeing. Referral only.

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. Referral only.

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 www.northyorks.gov.uk/healthy-living/healthy-you to register for the programme or phone 01423 556106 for more info. Please be aware there is likely to be a waiting list for this programme.

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.

Externally run activities

Conversational French - Come and join Knaresborough French group for a tutored conversational French class. Contact laurencephillip1907@gmail.com

Fit Mix - Emeryg fitness and wellbeing - The ultimate mix and variety of exercises. Book to secure your place. Contact 07817 502768.

KIXX - Football training and classes for toddlers and kids including for 2, 3, 4 and 5-11 year olds. kixx.org.uk/harrogate

Pilates for men - Emeryg fitness and wellbeing - Bring your own mat and kit. Book to secure your place. Contact 07817 502768.

Table tennis - A casual over 50's table tennis group, everyone welcome. Tea and biscuits included. Contact Stephen Knight 07768 980006.

Tai Chi - The movement of T'ai Chi benefits joints, muscles and posture, relaxes the mind and the body, improves concentration, coordination and improves physical and emotional balance. All ages and abilities welcome. Contact Brian Douglas; briandouglas2001@hotmail.com 07388 894428.

Trinity Dance Club - Sequence dancing. £2.50 including tea, cakes and a raffle. Contact John 01423 862641 or 07832 128619 for more details.

Fitness classes - open for all members

Advanced balance - A 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.

Circuits - Fun and effective stations with lots of different equipment to play with.

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

Fitball - A class using Fitballs for core strength, conditioning and toning.

Functional Fitness - This session uses easy to follow aerobic moves and exercises to keep you active, fit, strong and ready for life.

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

Tai Chi with Caren - Tai Chi consists of slow movements that gently aids suppleness and flexibility of the joints. It improves balance, coordination, stamina, energy levels and mental focus. It relieves stress and calms the mind.

Seated exercise - A low level seated exercise class suitable for all abilities.

Total Tone - A classic mat-based toning class designed to sculpt and tone the body. Suitable for all levels.

Yoga Therapy - 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 wellbeing.

All fitness classes are free to Active North Yorkshire members or £6.20 per class for non members. To book call us on 01423 862702, or via the Active North Yorkshire Active App.

Social and support groups

Cook and eat - Do you have difficulty cooking a meal? Trying to manage on a budget? We'll work together to cook a nutritious meal using donated produce which you can enjoy at the centre or take home. Open to all regardless of ability. Free. Contact stockwellcwh@northyorks.gov.uk or tel 01423 862702.

Crochet Social - A relaxed and friendly social group for crochet and knitting. Come and join us with existing projects or start new ones. No experience necessary. £3 including refreshments.

Gardening group - Come and join the Green team to help us build new raised beds and plant fruit and veg as part of the incredible edible Knaresborough project. Free. To find out more contact stockwellcwh@northyorks.gov.uk or tel 01423 862702.

Girls group - A friendly social group aimed at girls aged 7-19 who find social situations difficult or too busy and noisy. £5.50. Contact Danielle Mulholland 07525 988145.

KISS - Kids Inclusive Social Saturday - Fun inclusive play activities with arts, crafts, games and sports. £16.50 per session. Booking essential, contact Danielle on 07525 988145. Term time only.