We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

Patient Information

Staying Active in the Community

Contact information for exercise classes / schemes within your local area

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: 01784 884488
Website: www.ashfordstpeters.nhs.uk

St. Peter’s Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: 01932 872000

Patient Information
Transport
Contact the below numbers to arrange transport to and from day centres, visiting local activities, shopping, medical and hospital appointments.

Elmbridge Dial A Ride: 01372 474551
Dittons and Weston Green Neighbourcare: 0208 3988600
Molesey Care: 07891 321986
Transport to Longmead Centre, Epsom contact Routecall: 01372 732000

Further Information
We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Nicola Swalwell. Senior Physiotherapist
Department: Physiotherapy.
Version: 1
Published: Jan 2018
Review: Jan 2020
**Otago strength and balance class.** Tues 10am-11am. Contact Nikki on 07708 748898. £4 per session.

**Thames Ditton Centre**
Mercer Road
Thames Ditton
KT7 0BS
0208 3985921
**Tai Chi:** Mon 2:30pm-3:30pm
**Otago strength and balance class:** Thurs 1pm-2pm. Contact Chris on 07740 030765 for more information and booking. £4 per session.

**Epsom Methodist Church**
Ashley Road
Epsom
KT18 5AQ
**Otago strength and balance class:** Weds 1:30pm-2:30pm. Contact Karen on 07771 647132 for more information and booking. £4 per session.

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**Staying Active in the Community**

This leaflet will provide you with information and contact details on exercise classes/schemes within your local area to encourage you to stay active in the community.

These details are correct as of January 2018, please contact the centre on the available telephone number to confirm accurate classes/times/dates.

The World Health Organisation (WHO) recommends 150 minutes of moderate intensity exercise and strength exercises twice a week for adults over 65 years.

Walking, dancing and exercise classes are great for improving cardiovascular fitness, socialising and reducing fear of falling. Flexercise classes are a low impact exercise class involving exercise and dance that will leave you feeling energised, exercised and strengthened.

Yoga, Pilates, Tai chi and Otago balance classes are designed to improve your balance and co-ordination by strengthening your leg muscles and are recommended for adults at risk of falls.
Woking Borough (Woking, Byfleet, West Byfleet, Knaphill)

Brockhill Community Centre
Clifton Way
Woking
GU21 3NE
01483 743975
Open Mon-Fri 9:30-3pm
Seated dance: Weds 10am-11am
Yoga, Gentle keep fit, Armchair exercise class

Moorcroft Community Centre
Old School Place
Westfield
GU22 9LY
01483 743375
Open Mon-Fri 9:30-3pm
“Well balanced” exercise class: Mon and Thurs 10:30am-11:30am. £1.60
Chair based yoga: Weds 11am-12pm. £2
Pilates: Thurs 3pm-4pm. £6

The Molesey Centre
School Road
East Molesey
KT8 0DN
0208 9795773
Chair based exercise: Mon 11am
Exercise class Senior Moves Lite: Tues 11:30am-12:30pm
Tai Chi: Tues 2:30pm-3:30pm
Keep fit: Fri 9:45am-10:45am and 11am-12pm
Moves Fitness: Sat 9:30am-10:30am

Longmead Community Centre
Sefton Road
Epsom
KT19 9HG
01372 720563
Tai Chi: Mon 9:30am-10:30am and 12pm-1pm
Tues 10am-11am and 11:15am-12:15pm
Keep fit: Mon 10:45am-11:45am
Balance Class: Tues 11:15am-12:15am
Line dancing: Weds 10:15am-11:45am
Chair Yoga: Thurs 11am-12pm
Yoga: Fri 11am-12pm

Alpha Road Pavillion
Maybury
GU22 8HA

Bourne Hall
Spring Street
Ewell
KT17 1UF
East Elmbridge/ Mid Surrey (Epsom, Cobham, Thames Ditton, Claygate, Molesey)

Rainbow Leisure Centre
East Street
Epsom
KT17 1BN
01372 727277
Otago strength and balance class: Fri 10:45am-11:45am. £4 per session.

Claygate Community Centre
Elm Road
Claygate
KT10 0EH
01372 463476
Chair based exercise: Mon 10:15am-11am
Dance Exercise: Weds 10:30am-11:30am
Keep fit: Sat 10:15am-11am

Cobham Community Centre
Oakdene Road
Cobham
KT11 2LY
01932 596031
Exercise Class in Gym: Weds 10am-11am
Chair based exercise: Weds 11am-11:45am

Parkview Community Centre
Off Blackmore Crescent
Sheerwater
GU21 5NZ
01483 743974
Open Mon-Fri 9-5pm (4:30 on Fri)
Yoga: Mon
Pilates: Mon 7pm-8pm
Line dancing: Tues 10:30am-11:30am and 11:30am-12:30pm
Yoga-Pilates: Weds 10am-11:30am

St Mary’s Community Centre
Stream Close
Byfleet
KT14 7LZ
01483 743877
Mon-Fri 9-4:30
Zumba: Mon
Tai Chi: Tues
Mature Movers: Tues
Yoga: Weds
Chair based yoga: Thurs
Extend exercise: Thurs
Line dancing: Thurs

Exercise and dance and female only yoga: Tues 10am-11am and 11:45am-12:45pm. Contact 01483 743804
Old Woking Community Centre  
Sundridge Road  
GU22 9AT  
01483 763974  
**Flexercise class**: Weds 1pm

Woking Leisure Centre  
Kingfield Road  
Woking  
GU22 9BA  
**Otago Strength and Balance exercise group**: Thurs 11:30-12:30. Call 01483 743131 for more information and booking. £28 for full course or £4 per session.

The Vyne Community Centre  
Broadway  
Knaphill  
GU21 2SP  
01483 743558  
Mon- Fri 9-4:30pm. Classes £1 a session (for members), Well balanced exercise group is £1.60  
**Yoga**: Mon 9:30am-10:30am  
**“Well balanced” exercise group**: Tues and Fri 1pm-2pm  
**Walking group (Best Foot Forward)**: 1st Tuesday of the month: 10am  
**Pilates**: Tues and Weds  
**Line dancing**: Weds 1pm-3pm, Thurs 12.30pm-1.30pm  
**Tai Chi**: Fri 10:15am-11:15am

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**Gentle exercise class**: Tues 10:30am-11:30am  
**Otago strength and balance class**: Tues 1pm-2pm. Contact Chris on 07740030765 for more information and booking. £4 per class  
**Yoga**: Thurs 2pm-3:30pm  
**Line dancing**: Fri 10am-10:30am (beginners), 10:30am-11:30am (regular)

**Transport**  
Contact the below numbers to arrange transport to and from day centres, visiting local activities, shopping, medical and hospital appointments.  
Elmbridge Dial A Ride: 01372 474551  
Care in Walton & Hersham: 01932 253251  
Care in Weybridge: 07881 698381  
Esher Care & Car Service: 01372 465 755
Elmbridge Borough (Esher, Walton, Hersham, Weybridge)

7 Queens Road (Community Centre)
Hersham
KT12 5LU
01932 246267
Zumba exercise class: Tues 2:15pm-3:15pm
Chair based exercise class: Weds 11am-12pm
Ballroom dancing: Thurs 2:15pm-4:15pm

Manor Road (Community Centre)
Walton-On-Thames
KT12 2PB
01932 247549
Exercise class: Mon 10am-11am
Pilates: Tues and Thurs 3pm-3:45pm
Gym based exercise class: Weds 11:45am-12:45pm
Exercise class: Thurs 10:30am-11:30am
Zumba exercise class: Thurs 1:30pm-2:30pm
Tai Chi: Fri 2:30pm-3:30pm

Churchfield Place (Community Centre)
Weybridge
KT13 8BZ
01932 844391
Chair based exercise class: Mon 11am

Walking for Health Scheme
Starter walks (30 minutes) every Tues at 11am in Woking and
Regular walks (90 minutes) every Weds at 11am. Contact Tasha
Fedderley (Walking for Health Co-ordinator) 01483 757461 for more
information.

Transport
Contact the below numbers to arrange transport to and from day
centres, visiting local activities, shopping, medical and hospital
appointments.

Woking Community Transport LTD “Woking Bustler”: 01483
744800
Horsell Care: 01483 730740
Knaphill Care: 07792 514166
Pyrford and Wisley Helping Others: 01932 341795
St John’s Care: 07717 597721
Runnymede Borough (Addlestone, Weybridge, New Haw, Chertsey, Egham, Virginia Water)

Eileen Tozer Community Centre
Crouch Oak Lane
`Addlestone
KT15 2AN
01932 841088
Armchair exercise group: Mon 11am-11:30am
Use of Gym Circuit Equipment at River Bourne Club,
Chertsey: Mon 10:15am pick up for free transport to River Bourne Club
Gentle Keep fit: Tues 9:30am-10:30am
Led Walks (free weekly led walks, last approx. 30 mins on gentle flat terrain, no need to book: Weds 10:30am

Manor Farm Community Centre
Manor Farm Lane
Egham
TW20 9HR
01784 435278
Led Walks (free weekly led walks, last approx. 30 mins on gentle flat terrain, no need to book): Mon 10am
Armchair exercise group: Tues 11am-11:30am
Chair based exercise group: Thurs 11:30am-12pm
Instructor Lead Gym Circuit: Thurs 11am-12pm, Manor Farm
Clients can meet at Egham Leisure Centre and participate in gym circuit

Lord Knyvet’s Hall
112 High Street
Stanwell
TW19 7JS
01784 258654
Chair based exercise group

Transport
Contact the below numbers to arrange transport to and from day centres, visiting local activities, shopping, medical and hospital appointments.

Spel Ride: 01372 474550
Care Shepperton: 01932 254604
Spelthorne Volunteer Drivers: 07817926736
Ashford Helping Hands: 01784 423222
Stanwell Good Neighbours Scheme: 07553 221796
Sunbury Neighbours: 01932 779867
01784 423424
**Flexercise**: Tues 10:45am

**Staines Community Centre**
Thames Street
Staines-Upon-Thames
TW18 4EA
01784 463073

**Extend chair based exercise:**
- Mon, Weds & Thurs 10:30am-11:30am
- Tues 10am-11am

**Yoga**: Mon 2:45pm-3:45pm
- Tues 11:30am-12:30pm
- Thurs 11:45am-12:45pm

**Tai Chi**: Tues 1:30pm-2:30pm

**Pilates**: Weds 12pm-1pm

**Line dancing**: Thurs 1:45pm-2:45pm

**The Greeno Community Centre**
Glebeland Gardens
Shepperton
TW17 9DH
01932 246173

**Chair based exercise**: Tues 10:45am-11:15am, Thurs 11:30am-12pm

**Gym and exercise class**: Weds 9:30am-10:30am and 10:45am-11:45am, Thurs 1:30pm-2:30pm

**Pilates**: Thurs 10:15am-11:15am

**Line dancing**: Fri 9:30am-10:30am and 10:30am-11:30am

**Woodham and New Haw Community Centre**
Amis Avenue
New Haw
KT15 3ET
01932 355707

**Line dancing**: Mon 10:30am

**Zumba**: Tues 11am-12pm

**Tai Chi**: Weds 11am for beginners, 10am for advanced

**Led Walks** (free weekly led walks, last approx. 30 mins on gentle flat terrain, no need to book): Fri 10am

**The River Bourne Club**
Heriot Road
Chertsey
KT16 9DR

**Otago Strength and Balance Class**: Fri 11:15am-12:15pm.
Contact Sarah on 01932 560560 for more information and booking. £24 for full course or £3.50 per session.

**Addlestone Community Centre**
Garfield Road
KT15 2NJ
01932 843646

**Flexercise class**: Mon 1:30pm

**Yoga**: Fri 11am-12pm
Walking for Health Scheme
Starter walks (30 minutes) every 2nd and 4th Tues at 11am in Runnymede and Regular walks (90 minutes) every Tues at 1:30pm. Contact Tasha Feddery (Walking for Health Coordinator) 01483 757461 for more information

Strode’s College
High Street
Egham
TW20 9EW
01784 228676
Tai Chi: Weds 6:30pm-8pm
Yoga: Mon 6:15pm-7:30pm and 7:45PM-9pm. Tues 7:30pm-8:45pm.

Transport
Contact the below numbers to arrange transport to and from day centres, visiting local activities, shopping, medical and hospital appointments.

Runnymede Dial A Ride: 01932425050
Age Concern Runnymede: 01932 566040
Addlestone and Ottershaw Good Neighbours: 01932 847345
Care in Egham & District: 01784 431031

Spelthorne Borough (Ashford, Laleham, Shepperton, Staines, Sunbury, Stanwell)

The Benwell Community Centre
Downside
Sunbury-On-Thames
TW16 6RT
01932 784232
Extend chair based exercise: Mon 12:30pm-1:30pm
Seated Laughter Yoga: Tues 10:30am-11:30am
Line dancing: Thurs 10:30am-1:30am
£3.50 a member, £4 if not a member

The Fordbridge Community Centre
Clarendon Road
Ashford
TW15 2PU
01784 243880
Yoga: Mon 2:45pm
Extend chair based exercise: Tues 11:30am-12:15pm
Tai Chi: Weds 3:30pm
Line dancing: Thurs 2:45pm
Pilates: Fri 2:45pm-3:45pm

The Salvation Army
Woodthorpe Road
Ashford
TW15 3JY