



Get Fit in Moulton and the Surrounding Villages!



Activities to help you improve your health, wellbeing and quality of life.

What is wellbeing?

This can be defined as “A positive state of mind and body, feeling safe and able to cope, with a sense of connection with people, communities and the wider environment”.

We have developed the plan to help raise awareness of activities available in Moulton and the surrounding villages. Take a look and see which activities you could benefit from.



Get Fit in Moulton and the Surrounding Villages!

Thinking of joining one of the activities? Complete the form below and let us know.

Have you attended one of the activities? We would love your feedback on how it's helped you – complete the slip below and return it to us here at the surgery.

Name: **Date of Birth:**

I have attended -

This has helped me by -

.....

I'm thinking of attending -

Is there anything we can help you with? (transport etc).....

Name: **Date of Birth:**

FIT PLAN FOR MOULTON & SURROUNDING VILLAGES - 2018

Whilst every attempt is made to ensure that all information is current and correct, please be aware that timings may be different during school holidays/bank holidays, or only run during term time, etc. Please check direct with organiser before attending.

DAY	TIME	SESSION TIME	COST PER SESSION	FREQUENCY	GROUP NAME	VILLAGE location	CONTACT DETAILS
Monday	9.30am-10.15am (Followed by coffee morning 10.15am-11am)	45 mins (+45 mins for coffee morning)	£4.00 (or £5 incl. coffee morning)	Weekly	BEND, STRETCH AND RELAX with a cuppa and a chat!	Walgrave Village Hall	Jane - 07910 124716 jane@workitout.me.uk www.workitout.me.uk
Monday	9.30am-12.30pm	3hrs	£2.00 (£5 joining fee)	Weekly	MOULTON INDOOR BOWLS	Benham Sports Arena Moulton Park	Chairman - Jon Kent - 01604 493856 Secretary - Anne Garland - 01604 492988 davidgarland@uwclub.net
Monday	9.30am-11.30pm	2hrs	FOC	Weekly	HEALTH & WELLBEING DESK	Moulton Library	Mary-Jane Brown - Community Connector 07484 907438 moultoncommunityconnector@gmail.com
Monday	10.45am – 11.30am	45mins	£35 for a block of 4	Weekly	PILATES	Moulton Community Centre	Maree 07867 853515 mareejessoncoaching@gmail.com
Monday	5.30pm-6.45pm	1hr 15mins	£4.95 (+£9.95 joining fee)	Weekly	SLIMMING WORLD	Scout & Community Centre, Moulton	Jane 07714 153185 janemccaughey@hotmail.co.uk
Monday	4.45pm -5.45pm	1hr	£6.50 per session or £20 for block of 4 (pre-booking recommended)	Weekly (term-time)	PILATES (for 50s and those recovering from illness, injury or chronic pain)	Moulton Community Centre	Gail: 07717 796028 gail@brownz.plus.com
Monday	5.45pm-6.45pm	1hr	£5.00	Weekly	ZUMBA CLASS	Moulton Community Centre	Julie Harris 07971 590260 milliebaby2002@yahoo.co.uk
Monday	6.15pm-7.15pm	1hr	£60.00 per course	6 week course	BODY CONTROL PILATES (FOUNDATION CLASS)	The Chris Moody Centre, Moulton College	01933 413700 www.northantspilates.com
Monday	6.30pm-7.15pm	45mins	£35 for a block of 4	Weekly	PILATES	Moulton Community Centre	Maree 07867 853515 mareejessoncoaching@gmail.com
Monday	7.00pm-8.00pm	1hr	£4.50	Weekly	MIXERCISE	Overstone Village Hall	Mel Vyse 01604 643885 / 07899 915222
Monday	7.00pm-8.00pm	1hr	£5.00	Weekly	CIRCUIT TRAINING	Brixworth Village Hall	Alison Cooper 07732 165546 alicooperfitness@gmail.com
Monday	7.25pm-8.25pm	1hr	£60/£70 per course	6/7week course	BODY CONTROL PILATES	The Chris Moody Centre, Moulton College	01933 413700 www.northantspilates.com

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Monday	7.30pm-8.45pm	1hr 15mins	£4.95 (+£9.95 joining fee)	Weekly	SLIMMING WORLD	Scout & Community Centre, Moulton	Jane 07714 153185 janemccaughey@hotmail.co.uk
Monday	7.30pm-8.45pm	1hr 15 mins	£4	Weekly	KEEP FIT	Moulton Village Hall	Diana Bigley 01604 647 775
Monday	7.30pm-9.00pm	1.5hrs	£9	Weekly	YOGA (Improvers)	Brixworth Library	Anne Widdup 07729 099206 change4good@annewiddup.com
Tuesday	9.05am-10.05am	1hr	£60/£70 per course	6/7 week course during school term	Pilates Foundation/APPI PILATES	Holcot Village Hall	Louise Arnold 07766807184 pilateswithlouise@gmail.com
Tuesday	9.30am- 10.30am	1hr	£28.00 per month or £5 per week	Weekly	ESSENTIAL PILATES	Moulton Community Centre	Sarah McLean-Barr Tel: 078407 31258 sarahmcleanbarr@hotmail.co.uk
Tuesday	9.30am-10.30am	1hr	£5.00	Weekly	PILATES	Moulton Guide Hall, Barlow Lane	Chris.nightingale@talktalk.net 07843 787250
Tuesday	9.45am-10.45am	1hr	£7.50 (or £6 in advance)	Weekly	PILATES	Pitsford Village Hall	Caroline Brennan 07977 207989 pilatescaroline823@gmail.com www.pilatescaroline.com
Tuesday	10.00am-11.00am	1hr	£1.50	Weekly	MOULTON KEEP FIT	Chappell House, Moulton	Mrs Hilary Campian 01604 493670 (call am only)
Tuesday	10.30am-11.30am	1hr	£60/£70 per course	6/7 week course during school term	Pilates Foundation/APPI PILATES	Brixworth Library - Community Hall	Louise Arnold 07766 807184 pilateswithlouise@gmail.com
Tuesday	1.45pm-3.15pm	1.5hrs	£9.00	Weekly	YOGA (Mixed Ability)	Brixworth Library - Community Hall	Anne Widdup 07729 099206 change4good@annewiddup.com
Tuesday	2pm – 4pm (or evenings by arrangement)	2hrs	£5 (unlimited Open Days and discount on membership if you join)	Weekly (as from 24 th of April to 29 th May 2018)	LAWN BOWLS CLUB Open Days	Fernie Fields Sports and Social Club	www.whytemelvillebowls.club Pat : 01604 670 366 or Janet : 01604 462 755 (Children 10 + also welcome)
Tuesday	6.00pm-7.00pm	1hr	£60/£70 per course	6/7 week course during school term	Pilates Foundation/APPI PILATES	Brixworth Village Hall	Louise Arnold 07766 807184 pilateswithlouise@gmail.com

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Tuesday	6.00pm-7.00pm	1hr	£60/70 per course	6/7 week course	BODY CONTROL PILATES	Chris Moody Centre, Moulton College	01933 413700 www.northantspilates.com
Tuesday	6.30pm-7.30pm	1hr	£28 per month	Weekly	YOGALATES All Levels	Moulton Community Centre	Sarah McLean- Barr 078407 31258 sarahmcleanbarr@hotmail.co.uk
Tuesday	7.00pm-8.00pm	1hr	£60/£70 per course	6/7 week course during school term	Pilates Foundation/APPI PILATES	Brixworth Village Hall	Louise Arnold 07766 807184 pilateswithlouise@gmail.com
Tuesday	7.00pm (beginners) 8.00pm (advanced)	1hr	£4.50 one class Or: £7 for two £8 for three	Weekly	WHITE TIGER TAEKWON-DO	Moulton Primary School	Adrian Gent 01604 670 966 tigergent@hotmail.com
Tuesday	7.00pm-10.00pm	3hrs	£2.00 (£5 joining fee)	Monthly	MOULTON INDOOR BOWLS	Benham Sports Arena Moulton Park	Chairman - Jon Kent - 01604 493856 Secretary - Anne Garland - 01604 492988 davidgarland@uwclub.net
Tuesday	7.15pm- 8.15pm	1hr	£60/70 per course	6/7 week course	BODY CONTROL PILATES	Chris Moody Centre, Moulton College	01933 413700 www.northantspilates.com
Tuesday	7.30pm-9.30pm	2hrs	£8 adults £5 juniors/students	Weekly	WADO RYU KARATE	Moulton Community Centre	Andy Revell 07764 894985 www.karatenorthampton.co.uk
Wednesday	9.30am-12.30pm	3hrs	£2.00 (£5 joining fee)	Weekly	MOULTON INDOOR BOWLS	Benham Sports Arena Moulton Park	Chairman - Jon Kent - 01604 493856 Secretary - Anne Garland - 01604 492988 davidgarland@uwclub.net
Wednesday	9.30am-11.30am	2hrs	£3.00	Weekly	INDOOR BOWLS	Overstone Village Hall	Janice Cork 01604 670029
Wednesday	9.30am-10.15am	45 mins	£6.00 (or 6 week block £30)	Weekly	BEND, STRETCH AND FLEX	Brixworth Library, Community Centre	07910 124716 jane@workitout.me.uk www.workitout.me.uk
Wednesday	9.30am-10.30am	1hr	£35 (block of 4)	Weekly	PILATES	Old Village Hall	Maree 07867 853515 mareejessoncoaching@gmail.com
Wednesday	9.45am-10.45am	1hr	£7.50 (or £6 in advance)	Weekly	PILATES	Pitsford Village Hall	Caroline Brennan 07977 207989 pilatescaroline823@gmail.com www.pilatescaroline.com
Wednesday	10.00am-12.00pm approx.	1.5 – 2hrs approx.	FOC	2 nd and 4 th Wednesday of month	SYWELL STROLLERS (people from all areas welcome)	Meet in The Horseshoe Car Park, Sywell	Barbara & Ian Thompson 01604 644779 bthompson1939@icloud.com

DAY	TIME	SESSION TIME	COST PER SESSION	FREQUENCY	GROUP NAME	VILLAGE location	CONTACT DETAILS
Wednesday	10.30am-11.00am	30-45 mins	FOC	Weekly	HEALTH WALK (Easy pace: 1-2miles)	Meet at Moulton Evangelical Church	Brian Walton: 01604 491 166
Wednesday	11.00am-11.45am	45mins	£35 (block of 4)	Weekly (starting 6th of September)	PILATES	Moulton Community Centre	Maree 07867 853515 mareejessoncoaching@gmail.com
Wednesday	2.00pm-4.00pm	2hrs	£5.00 (includes tea/coffee and biscuits)	Weekly	HEALTH & WELLBEING CHOIR	Moulton Community Centre	Kay 07726 943504
Wednesday	6.00pm-7.00pm	1hr	£7.50 (or £6 in advance)	Weekly	PILATES	Pitsford Village Hall	Caroline Brennan 07977 207989 pilatescaroline823@gmail.com www.pilatescaroline.com
Wednesday	6.15pm-7.00pm	45 mins	£5.00	Weekly	PILATES	The Brixworth Centre	Alison Cooper 07732 165545 alicooperfitness@gmail.com
Wednesday	7.15pm-8.15pm	1hr	£6.00	Weekly	PILATES	Sywell Grange	Sharon Morrow - New Dimensions Fitness 07967 018894 sharon@newdimensionsfitness.co.uk
Wednesday	7.30pm-8.15pm	45 mins	£6 a session (£1 to hire glowsticks)	Weekly	CLUBBERCISE	Moulton Community Centre	For details and to book: www.bookwhen.com/clubbercisevicky or Facebook Page: Clubbercise Northampton with Vicky
Wednesday	7.30pm- 9.30pm	2hrs	£5.00 (no need to book)	Weekly (apart from one week in Oct and Dec)	APOLLO BADMINTON CLUB	Moulton Sports Hall	Trevor Robinson trevitox@hotmail.com 07425 171724
Wednesday	5.30pm-6.30pm	1hr	£60/£70 per course	6/7 week course	BODY CONTROL PILATES	Chris Moody Centre, Moulton College	01933 413700 www.northantspilates.com
Wednesday	6.30pm-7.30pm	1hr	£9 per session (book in advance)	Weekly	BACKCARE PILATES	Brixworth Village Hall	Tina Sheridan 07810 380636
Wednesday	7.00pm-8.00pm	1hr	£60/£70 per course	6/7 week course	BODY CONTROL PILATES	Chris Moody Centre	01933 413700 www.northantspilates.com
Wednesday	7.00pm-8.00pm	1hr	£7.50(or £6 in advance)	Weekly	PILATES	Pitsford Village Hall	Caroline Brennan 07977 207989 pilatescaroline823@gmail.com www.pilatescaroline.com
Wednesday	7.00pm-7.45pm	45 mins	£5.00 drop in (or 4 week block £16)	Weekly	SWING FIT	Brixworth Library - Community Centre	07910 124716 jane@workitout.me.uk www.workitout.me.uk

DAY	TIME	SESSION TIME	COST PER SESSION	FREQUENCY	GROUP NAME	VILLAGE location	CONTACT DETAILS
Wednesday	7.50pm-8.20pm	30mins	£4.00 drop in (or 4 week block £28)	Weekly	SWING TAP STEPS	Brixworth Library - Community Centre	07910 124716 jane@workitout.me.uk www.workitout.me.uk
Wednesday	8.00pm-9.00pm	1hr	£5.00	Weekly	BALLROOM AND LATIN AMERICAN DANCES	Holcot Village Hall	Julie 07766 656968 dance-pod@hotmail.co.uk
Thursday	9.30am-11.00am	1.5hrs	£9	Weekly	YOGA (Mixed Ability)	Little Harrowden Village Hall	Anne Widdup 07729 099206 Change4good@annewiddup.com
Thursday	9.30am-10.30am	1hr	£60/£70 per course	6/7 week course during school term	Pilates Foundation/APPI PILATES	Old Village Hall	Louise Arnold 07766 807184 pilateswithlouise@gmail.com
Thursday	9.30am-10.30am	1hr	£5 per session	Weekly	PILATES	Moulton Community Centre	Chris.nightingale@talktalk.net 07843 787250
Thursday	9.30am-11.00am	1hr 30mins	£4.95 (+£9.95 joining fee)	Weekly	SLIMMING WORLD	Moulton Guide Hall	Sharon 07507 660712
Thursday	10.00am-10.45am	45 mins	£4	Weekly	GET MOVEMENT (60+ dance program)	Overstone Village Hall	Mel Vyse 01604 643885 / 07899 915222
Thursday	11.30am-1.00pm	1hr 30mins	£4.95 (+£9.95 joining fee)	Weekly	SLIMMING WORLD	Moulton Guide Hall	Sharon 07507 660712
Thursday	1.30pm-2.30pm	1hr	£6 a session or £30 for 4 weeks	Weekly	KETTLERCISE	Moulton Community Centre	Mark 07867 546573
Thursday	5.30pm-6.30pm	1hr	£6 a session or £30 for 4 weeks	Weekly	KETTLERCISE	Moulton Community Centre	Mark 07867 546573
Thursday	7.00pm-9.00pm	2hrs	£5 (includes tea/coffee and biscuits)	Weekly (from 14th September)	HEALTH & WELLBEING CHOIR	Moulton Community Centre	Kay 07726 943504
Thursday	7.00pm (beginners) 8.00pm (advanced)	1hr	£4.50 one class Or: £7 for two £8 for three	Weekly	WHITE TIGER TAEKWON-DO	Moulton Primary School	Adrian Gent 01604 670 966 tigergent@hotmail.com
Thursday	7.00pm-8.00pm	1 hr	£60/£70 per course	6/7 week course	BODY CONTROL PILATES	Chris Moody Centre, Moulton College	01933 413700 www.northantspilates.com

DAY	TIME	SESSION TIME	COST PER SESSION	FREQUENCY	GROUP NAME	VILLAGE location	CONTACT DETAILS
Thursday	7.00pm-8.00pm	1hr	£45 (per course)	5 week course during school term	PILATES	Brixworth Library Community Centre	Louise Arnold 07766 807184 pilateswithlouise@gmail.com
Thursday	7.00pm-7.45pm	45 mins	£5.00 drop in (or 6 week block £30)	Weekly	BODY FITNESS	Walgrave Village Hall	07910 124716 jane@workitout.me.uk www.workitout.me.uk
Thursday	7.15pm-8.30pm	1.15hrs	£75 (for 10 week term) or £9 drop-in	Weekly	HATHA YOGA	Boughton Village Hall	Lizzy 07950 573719 yogawalks@gmail.com www.yogawalks.co.uk
Thursday	7.45pm-8.25pm	40 mins	£6.00 drop in (or 6 week block £30)	Weekly	SWINGFIT	Walgrave Village Hall	07910 124716 jane@workitout.me.uk www.workitout.me.uk
Thursday	8.30pm-9.00pm	30 mins	£5.00 drop in (or 6 week block £24)	Weekly	SWINGTAP	Walgrave Village Hall	07910 124716 jane@workitout.me.uk www.workitout.me.uk
Friday	9.30am-10.15am	45 mins	£6 drop in (or 6 week block £30)	Weekly	STEP, SWAY AND RELEVE	Walgrave Village Hall	07910 124716 jane@workitout.me.uk www.workitout.me.uk
Friday	10.00am-12.00pm approx.	1.5 – 2hrs approx.	FOC	1st and 3rd Friday of the month	SYWELL STROLLERS (people from all areas welcome)	Meet in The Horseshoe Car Park, Sywell	Barbara & Ian Thompson 01604 644779 bthompson1939@icloud.com
Friday	10.45am-11.45am	1hr	£6.00	Weekly	PILATES	Sywell Grange	Sharon Morrow - New Dimensions Fitness 07967 018894 sharon@newdimensionsfitness.co.uk
Friday	1.45pm -3.00pm	1.25hrs	£6.50 per session or £20 for block of 4 (pre-booking recommended)	Weekly (term-time)	FITNESS CLASS (for over 50's: Chair exercise, movement and mat work)	Moulton Guide Hall	Gail: 07717 796028 gail@brownz.plus.com
Friday	2.30pm-4.30pm	2hrs	£2.00 (£15 for membership)	Weekly	SHORT MAT BOWLS CLUB	The Brixworth Centre	Janet 07762 211721 / 01604 880317
Friday	6.30pm-7.45pm	1.25hrs	£10.00	Monthly (see website for dates)	PILATES CLASS	Pitsford Village Hall	Caroline Brennan 07977 207989 www.pilatescaroline.com pilatescaroline823@gmail.com
Friday	7.30pm-10.30pm	3hrs	£5.00	Every Third Friday Monthly (except August)	DANCE (ballroom and sequence)	Moulton Community Centre	David Evans 07767 062276
Friday	7.30pm-9.30pm	2hrs	£2.00 (£15 for membership)	Weekly	SHORT MAT BOWLS CLUB	The Brixworth Centre	Janet 07762 211721 / 01604 880317