

GET UP AND GO!

Prevent Falls • Maintain Health • Remain Independent



For more information contact:

OTAGO@northamptonshiresport.org

01604 306976

or visit:

[www.northamptonshiresport.org/
getupandgo](http://www.northamptonshiresport.org/getupandgo)

Improve your:



Mobility



Balance



Strength



Stamina

Strength and balance exercise sessions for older adults, delivered by a qualified OTAGO instructor.

First for wellbeing 



Northamptonshire
County Council

Northamptonshire
sport
The Voice For Sport

www.northamptonshiresport.org

VENUE	DAY/TIME	CONTACT	COST
West Glebe Pavillion, Corby	Wednesdays 1.30pm - 2.15pm	Reception 01536 204217	£3.50 Per session
Reach for Health, Daventry	Tuesdays 10am - 11am	Reception 01327 871118	£3.00 Per session
Moulton Community Centre, Moulton	Mondays 12pm - 1pm	Raphael Davighi 07909 631037	£3.50 Per session
Pemberton Centre Rushden	Tuesdays 1pm - 2pm	Reception 01933 350324	£2.00 Per session
SERVE, Rushden *Starts 10th January	Thursdays 1.45pm - 2.30pm	Reception 01933 315555	£2.00 Per session
	Fridays 10.30am - 11.15am		
	Fridays* 11.30am - 12.15pm		
Stankwick Hall, Rushden	Wednesdays 1pm - 2pm	Raphael Davighi 07909 631037	£4.00 Per session
Sunley Court Care Home, Piper's Hill Road, Kettering	Tuesdays* 11am - 1pm *Starts 15th January	Reception 01536 522677	£4.00 Per session
Abington Bowls Club, Northampton	Wednesdays 10.30am - 11.30am	Chris Nightingale via - 07912 891993	£3.00 Per session
Duston Sports Centre, Northampton	Mondays 12.15pm - 1.15pm	Reception 01604 837600	£3.00 Per session
James Lewis Court, Northampton	Tuesdays 1.15pm - 2.15pm	Chris Nightingale via - 07912 891993	£3.00 Per session
Lodge Farm Community Centre, Northampton	Tuesdays* 11.30am - 12.30pm *Starts 9th April	Raphael Davighi 07909 631037	£4.00 Per session
Brackley Leisure Centre, Brackley	Fridays 1.30pm - 2.30pm	Reception 01280 701787	Ask via Reception
Redwell Leisure Centre, Wellingborough	Mondays* 4.30pm - 5.30pm *Starts 7th January	Reception 01933 402045	£3.00 Per session
Victoria Centre, Wellingborough	Mondays 1pm - 2.30pm	Learn2be 01604 368023	Contact Learn2be
Waendel Leisure Centre, Wellingborough	Thursdays 2pm - 3pm	Reception 01933 221622	£3.00 Per session

For further info visit: www.northamptonshiresport.org/getupandgo