



Gentle Exercise Class

Penkridge

Our gentle exercise classes are for people over the age of 50, providing a tailored workout to meet all fitness levels. The classes are friendly, welcoming and delivered by our qualified and experienced instructors.

Every MONDAY at 11.45am

Wear comfy shoes/trainers and bring a bottle of water.

**Venue: Penkridge Peace Memorial Hall, Pinfold Lane,
Penkridge, ST19 5AP**

**Please contact Louise
on 07939 631131 to
reserve your place before
attending a session.**



To view the full programme of Gentle Exercise classes visit the website at www.sstaffs.gov.uk/leisure/good-life-health-fitness-in-the-community.cfm

South Staffordshire Walking Programme

Day	Village	Location	Grade	Time	Walk Leader Contact Details
Monday	Cheslyn Hay	Salem Church, High Street, WS6 7AB	3	2pm	Malcolm 01922 409634 or Email: Viv at Vivvyhub@sky.com
	Kinver	Kinver Sports and Community Association, Legion Drive, off the High Street, DY7 6ET	3	10am	Email: suefal49@outlook.com or call 07952 465613 or lindawashman@hotmail.com or call 07972046183
	Coven	Rainbow Inn, Brewood Road, Coven, WV9 5DH	1, 2 & 3 Dog friendly	11am	Glen - 01902 790059 or email glen@gscs.co.uk
Tuesday	Penkridge	Haling Dene Centre, Cannock Road, ST19 5DT	1, 2 & 3	10am	George - 07921 855814 or Jackie 07980 323173
	Baggeridge Country Park	Baggeridge Country Park, Gospel End, DY3 4HB (Meet at the bandstand) - (First Tuesday of the Month)	Progressive	10am	Anne - 07740 913902 or email c4cat1961@gmail.com Lindsay - 07783 690017 or email Lindsayhopkins22@gmail.com Gill - 07826 514935 or email gillywhiz@hotmail.com
	Perton	Perton Library, Severn Drive, WV6 7QU	1 & 3	10.30am	fredoleary11@gmail.com or aubrey.law@live.co.uk or call 07484 708404/01902 742666
Wednesday	Great Wyrley	Great Wyrley (Wesley) Methodist Church, Walsall Road (A34), Great Wyrley, WS6 6DP	1	10am	Pat Jones 01922 412094 or Beryl Holmes 01922 413394
			3	10am	Roy Vernals - 07931 292900 or Peter Holmes - 01922 413394
			Progressive	9.30am	(The last Wednesday of every month walk only) Roy Vernals - 07931 292900
			2 Dog friendly	10am	Elaine Mills - 07971 378425
Thursday	Bilbrook	Joeys Lane, Bilbrook, WV8 1JL (Car park on the bend at the bottom of the road)	Progressive	10am	(Every other week) Tim - 01902 846480 or Alan and Jean - 01902 842995
	Baggeridge Country Park	Baggeridge Country Park, Gospel End, DY3 4HB (Meet at the bandstand)	3	10am	Anne - 07740 913902 or email c4cat1961@gmail.com Lindsay - 07783 690017 or email Lindsayhopkins22@gmail.com Gill - 07826 514935 or email gillywhiz@hotmail.com
Friday	Essington	St. Johns Church, Wolverhampton Road, Essington, WV11 2BX	3	11am	Malcolm Price - 01922 409634
	Highgate Common	Highgate Common, Cory Community Centre, Highgate Road, DY7 5BS	2	10am	Sue - 07976 938808 David - Email: davidcrussell@blueyonder.co.uk Anita - 01384 273958 June - 01384 292052
	Wombourne	Meet at the side of the council chamber, behind Barclays Bank, Gravel Hill, Wombourne, WV5 9HA	2	10am	Myra - 07960 975419

Exercise Class timetables

Parish	Day	Location	Time	Class leader
Bilbrook	Wednesday	Holy Cross Church, Parish Rooms	10am	Lisa
Bilbrook	Friday	Holy Cross Church, Parish Rooms	10am	Lisa
Brewood	Thursday	Jubilee Hall	10am	Lisa
Bilbrook	Monday	Holy Cross church, Parish Rooms	1pm	Lisa
Essington	Tuesday	Essington - St. Johns Church	10am	Lisa
Featherstone	Tuesday	Featherstone Community Centre	10am	Louise
Huntington	Monday	Create Community Centre, (behind the Co-Op) WS12 4NU	10am	Louise
Pattingham	Monday	Pattingham Village Hall	10.30am	Lisa
Perton	Monday	Perton Civic Centre	2pm	Louise
Wheaton Aston	Wednesday	Wheaton Aston Village Hall	2pm	Lisa
Wombourne	Tuesday	Wodehouse Suite, Wombourne Civic Centre	12.15pm	Louise
Wombourne	Tuesday	Wodehouse Suite, Wombourne Civic Centre	2pm	Louise