

# Wellspring Settlement

## Physical Activities Timetable



Fitness and nutrition for weight-loss	TBC	TBC
Walking rugby	Monday Evenings	St Marys Old Boys RFC Stoke Gifford.
Walking tennis for mental health	Tuesdays 1.00-2.00pm	Eastville Park
Walking tennis	Tuesdays 10.30am	St Georges Park
Nordic walking	April - September 2022	East Trees and Charlotte Keel Health Centres
Wild swimming	Starts in May. Day and time TBC	Locations around Bristol
SUP boarding - starting May	Tuesdays at 11am, 2pm or 4pm	Bristol Harbourside
Strength and Stretch	Tuesdays 9.00am to 10.00am	Wellspring, Beam Street
Chronic pain	Tuesdays 10.30-11.30am	Wellspring, Beam Street
Chatty Couch to 5K	Mondays and Sundays	Flexible - participant depending
Ping! table tennis	Mondays and Fridays, 1pm-4pm	Beehive Centre
Walking football	Tuesdays 1pm and Thursdays 7:30pm - UNTIL END MARCH	St Pauls Community Sports Centre,
Indoor rowing with balance and flexibility for ages 55+	Fridays 10.3am-12.00pm	TBC
Beginners rowing for ages 55+	28 February; 7, 14, 21, 28 March; 4 April. 1.00-3.00pm	TBC
Short walks around Barton Hill and Newtown	Mondays, 30-60 minutes, 2.00pm	Barton Hill
St George Strollers	Once a month, lunch at the Beehive Centre	Beehive Centre
Short walks, any age	Thursdays 2.00pm	Newtown, Lawrence Hill
Buggy walk for mums	Thursday mornings, 10.00am-12.00pm: 1 hr exercise, 1 hr soup making	Urban Park, Wellspring Settlement, Beam Street
Soul Trail wellbeing walks	Lots on weekends	Around Bristol
Restorative yoga for anxiety/PTSD	TBC	TBC
Cultravate urban walk and talk group	TBC	TNB
Get cycling with Lifecycle	Various days	Locations around Bristol
Gentle creative movement class	28th Feb for 6 weeks 2.30 - 4.30pm	TBC