



July – December Moor Active



Weekly Program of events & Activities:

All activities are based at the Copeland Bowls & Sports Centre
(Unless otherwise stated) and are priced at a fee of £3;
Half price if a 'Be Active' member – Sign up now!

Monday:

10am:

Healthy Walking: FREE: Intermediate fitness level required
Approximately 1 hour & 10 minutes
Enjoy local natural spaces & receive your FREE pedometer when
you have completed 8 consecutive walks.

11:20am – 12pm:

55+ Aerobics: Intermediate Fitness Level Required
At Crossfield Community Centre

1pm – 3pm:

Beginners Gym Inductions:
At Wath Brow Hornets Fitness Suite

3pm – 3:30pm:

Beginners Spin: Intermediate Fitness Level Required
At Wath Brow Hornets Fitness Suite

Tuesday:

3:15pm – 4:15pm:

Active Kids – Fun & Fitness After Schools Club:
St Patricks Primary School

4:40pm – 5:10pm:

Beginners Abdominal workout:

Stomach workout designed to be welcoming for beginners in order to improve breathing technique, posture, abdominal strength & back strength.

5:30pm – 6:15pm:

Beginners body conditioning:

Workout with use of cardiovascular exercise, core strengthening & stretching (all levels of fitness are welcome)

6:30pm – 7pm:

Advanced Abdominal workout:

Stomach workout designed for the advanced participant in order to improve core strength & sustainability

Wednesday:

10am:

Healthy Walk: FREE:

Approximately 20 – 30 minutes: Local area

10:45am – 11:30am:

55+ Aerobics: Advanced Fitness Level Required
At Crossfield Community Centre

3:15pm – 4:15pm:

Active Kids – Fun & Fitness After School Club:
Montreal Primary School

5pm – 6pm:

Girls / Womens Boxing:

Intermediate – Advanced fitness level required
At Cleator Moor youth & boxing centre

Thursday:

10:30am – 11:30am:

Chairobics & Healthy Living at COSC

1pm – 3pm:

Gym Session: Intermediate / advanced levels of fitness welcome
At Wath Brow Hornets Fitness Suite

5pm – 6pm:

Beginners Circuits:

Workout with use of cardiovascular exercise, muscle toning, core strengthening & stretching (all levels of fitness are welcome)

Beginners:	Intermediate:	Advanced:
Monday: 1pm – 3pm: Gym Induction	Monday: 10am: Healthy Walking	Tuesday: 6:30pm – 7pm: Abdominal Workout
Tuesday: 4:40pm – 5:10pm: Abdominal workout	Monday: 11:20am – 12pm: 55+ Aerobics	Wednesday: 10:45am – 11:30am: 55+ Aerobics
Tuesday: 5:30pm – 6:15pm: Body Conditioning	Monday: 3pm – 3:30pm: Beginners Spinning	Thursday: 1pm – 3pm: Gym Session
Wednesday: 10am: Healthy walking	Thursday: 1pm – 3pm: Gym Session	Wednesday: 5pm – 6pm Female Boxing:

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Monthly Program of events & Activities:

Need a goal? Need something to work up to? Were launching a number of **FREE healthy walking events:**

Friday Walks: 11am – 3pm

(Please dress appropriately; bring light lunch & plenty to drink)

Dates:

2nd July; 6th Aug; 3rd Sept; 1st Oct; 5th Nov; 3rd Dec

Summer Holidays – Out of School activities:

Girls Football:

Non-competitive training:

6 Week program:

Based at Copeland Bowls Astro-Turf Cleator Moor

Start date: Tuesday 20th July

**Times: 4pm – 4:45pm: Under 8's
 5pm – 5:45pm: Under 10's**

Multi-Activity sessions – Fun & Fitness:

6 Week program for youths aged 8 Years +:

Based at Copeland Bowls Astro-Turf Cleator Moor

Start Date: Wednesday 21st July

Time: 1pm – 2pm

Family Circuits:

Open to youths aged 12 + (no upper age limit) & all levels of fitness:

4 Week program:

Based at Copeland Bowls & Sports Centre:

Start Date: Wednesday 4th August

Time: 12pm – 1pm

Please contact Lynsey Smith / Jess McGlynn for latest information:
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