

## Local Aylesbury Activities

Activity	Day/Time	Location	Cost	Booking contact
<a href="#">Over 50s Tai Chi</a>	Monday 11 am - 12 pm	Fairford Leys Community Centre, Hampden Square, Aylesbury, HP19 7HT	£5	katie.youngman@aitc.org.uk 07956 702435
<a href="#">Bollywood Fitness class</a>	Tuesday 9:30am - 10:30am	Fairford Leys Community Centre, Hampden Square, Aylesbury, HP19 7HT	£5	amelia.evans@aitc.org.uk 07399 748803
<a href="#">Gentle Yoga</a>	Wednesday 11.30am - 12.30pm	Fairford Leys Community Centre, Hampden Square, Aylesbury, HP19 7HT	£6	janbakeryoga@gmail.com 07969779222
<a href="#">Gentle Yoga</a>	Wednesday 3:15 - 4:15 pm	Haddenham Library, Banks Park, Banks Road, Haddenham HP17 8EE	£7	janbakeryoga@gmail.com 07969779222
<a href="#">Seated Exercise</a>	Tuesday 2 pm - 3 pm	The Elms, Verwood Rd, Aylesbury HP20 2AY	£2	amelia.evans@aitc.org.uk 07399 748803
<a href="#">Simply Walks Level 1</a>	Monday 10:30am - 11:30am	Fairford Leys Community Centre, Hampden Square, Aylesbury, HP19 7HT	Free	simplywalks@buckinghamshire.gov.uk 01494 475367
<a href="#">Simply Walks Level 2</a>	Tuesday 12pm - 1pm	Buck Yeomans Pub (outside), Bedgrove, Aylesbury, HP21 7UD	Free	simplywalks@buckinghamshire.gov.uk 01494 475367
<a href="#">Simply Walks Level 3</a>	Every other Friday 11 am - 12:30pm	Co-Op, Jansel Square, Bedgrove, Aylesbury, HP21 7ET	Free	simplywalks@buckinghamshire.gov.uk 01494 475367
<a href="#">Badminton - Adult Social sessions</a>	Tuesday 7:30 pm - 10 pm Thursday 7:30 pm - 10 pm	Aylesbury High School, Walton Rd, Aylesbury HP21 7SX	£6	derekmoule@btinternet.com 07437430048
<a href="#">Table Tennis</a>	Tuesday 4pm - 9/9:30pm	Bierton Sports Centre, Burcott Lane, Bierton, HP22 5AU	£4	01296 415218 <a href="https://aylesbury.ttleagues.com/">https://aylesbury.ttleagues.com/</a>
<a href="#">Yoga and Mindfulness</a>	Tuesday 12:30pm - 1:30pm	Arts Centre, Queen's Park, Aylesbury HP21 7RT	£9.50	helenatkegg@gmail.com 07783108299
<a href="#">Yoga for Adults</a>	Thursday 5:30pm - 6:30 pm	Arts Centre, Queen's Park, Aylesbury HP21 7RT	£9.50	helenatkegg@gmail.com 07783108299

<a href="#">Qigong</a>	Thursday 2 pm - 3 pm	Arts Centre, Queen's Park, Aylesbury HP21 7RT	£9.50	helenatklegg@gmail.com 07783108299
<a href="#">Adult Ballet</a>	Monday 11 am - 12 pm	Arts Centre, Queen's Park, Aylesbury HP21 7RT	£8	maria@sdsd.dance 07912093019
<a href="#">Adult Tap</a>	Monday 12:15pm - 1:15pm	Arts Centre, Queen's Park, Aylesbury HP21 7RT	£8	maria@sdsd.dance 07912093019
<a href="#">Table Tennis</a>	Wednesday 7 pm - 8 pm Wednesday 8 pm - 9 pm	Quarrendon & Meadowcroft Community Centre, HP19 9HH	£4	david.badham1@btinternet.com 07757853334
<a href="#">Parkrun (5km Run/Walk)</a>	Saturday 9am	Opposite Quarrendon & Meadowcroft Community Centre, HP19 9HH	Free	aylesbury@parkrun.com <a href="https://www.parkrun.org.uk/aylesbury/">https://www.parkrun.org.uk/aylesbury/</a>
<a href="#">Short Mat Bowls</a>	Friday 7-9pm/9.30	Hawkslade Community Centre (Orwell Drive, Aylesbury, HP21 9YL)	£4	hawksladecc@aylesburyvaledc.gov.uk 01296 420384
<a href="#">Bedgrove Badminton club</a>	Tuesday 8pm - 10 pm	Aylesbury Grammar School, Walton Road, Aylesbury, HP21 7RP	Contact for price	bedgrove-bc@outlook.com 07712552121
<a href="#">Tai Chi</a>	Wednesday 10:30-11:30am Wednesday 11:30-12:30pm	Arts Centre, Queen's Park, Aylesbury HP21 7RT	Free	info@sportinmind.org 07823973782
<a href="#">Yoga</a>	Tuesday 11 am - 12 pm Tuesday 12:05pm-1:05 pm	Arts Centre, Queen's Park, Aylesbury HP21 7RT	Free	info@sportinmind.org 07823973782
<a href="#">Tennis</a>	Monday 11 am - 12 pm	Aylesbury Tennis Club, County Ground, HP21 9NJ	Free	info@sportinmind.org 07823973782
<a href="#">Women Only Swimming</a>	Tuesday and Wednesdays 7:40 pm - 8:40 pm and 8:40 pm - 9:40 pm	Aylesbury Grammar School, Walton Rd, Aylesbury HP21 7RP	£80 for the term	swimming@aitc.org.uk 07399 748803
<a href="#">Seated Exercise</a>	Every other Wednesday 1:15 pm - 2:15 pm	Wendover Health Centre, Aylesbury Rd, Wendover HP22 6LD	£2	amelia.evans@aitc.org.uk 07399 748803
<a href="#">Seated Exercise</a>	Every other Monday 2 pm - 3pm	Aston Clinton Baptist Church, HP22 5EX	£2	amelia.evans@aitc.org.uk 07399 748803
<a href="#">Forever Cycling</a>	Every other Wednesday 1:15 pm - 2:15 pm	Wendover Health Centre, Aylesbury Rd, Wendover HP22 6LD	£2	amelia.evans@aitc.org.uk 07399 748803
<a href="#">Forever Cycling</a>	Every other Monday 2 pm - 3pm	Aston Clinton Baptist Church, HP22 5EX	£2	amelia.evans@aitc.org.uk 07399 748803

<a href="#">Slow Flow Yoga</a>	Friday, 9 am – 10 am	Wendover Guide Hut, 17 Manor Crescent, Wendover, HP22 6HH	£12	sabina.dye@happywellyoga.com 07578183711
<a href="#">Kunda Dance</a>	Friday, 10:15am - 11:15am	Wendover Guide Hut, 17 Manor Crescent, Wendover, HP22 6HH	£12	sabina.dye@happywellyoga.com 07578183711
<a href="#">Pilates: Mat-based class</a>	Wednesday, 10-11am	Halton Village Hall, 11 Old School Cl, Halton, Aylesbury, HP22 5NG	£10	ruth.towell@gmail.com 07751879780
<a href="#">Pilates: Standing/ Chair Class</a>	Friday, 10-11am	Halton Village Hall, 11 Old School Cl, Halton, Aylesbury, HP22 5NG	£10	ruth.towell@gmail.com 07751879780
<a href="#">Rabble</a>	Tuesday, 7 - 8pm	The Grange Secondary School, Wendover Way, Aylesbury HP21 7NH	Varies	Aylesbury.Rabble@outlook.com 07464 135761
<a href="#">Monday Melodies</a>	Every other Monday 10:30am - 12pm	Aylesbury Library, HP20 1UU	Free	lib-ayl@buckinghamshire.gov.uk 01296 382415

### Online Classes:

Taichi / Qigong	Tuesday 6pm - 7:15pm	Online session from home	£9	helenatklegg@gmail.com 07783108299
Yoga and Mindfulness	Wednesday 5.30pm - 6:45pm	Online session from home	£9	helenatklegg@gmail.com 07783108299

Note: Most of these sessions are not run by Active In The Community and we advise to please reach out to the designated contact directly before attending the sessions.