

## Local Chesham Activities

Activity	Day/Time	Location	Cost	Booking contact
<a href="#">Adult Fitness Through Ballet</a>	Wednesday 10:45-11:45am, Wednesday 6:30 - 7:30pm	Chesham Moor Gym and Swim, Moor Rd, Chesham HP5 1SE	£8	office@chrystelarts.co.uk 020 8952 6010
<a href="#">Aqua with Abi</a>	Tuesday 10-11am, Friday 10-11am, Saturday 10-11am	Chesham Moor Gym and Swim, Moor Rd, Chesham HP5 1SE	£7	active@absagar.com 07973320669
<a href="#">Chair Yoga</a>	Wednesday 2pm till 3pm	Amersham Band Hall, Rectory Meadow, Amersham HP7 0BU	£11	8yogijulie8@gmail.com 07745871392
<a href="#">Simply Walks Level 2</a>	Tuesday 9-10am	Outside the Hope Church car park, Upper Belmont Road, Chesham, HP5 2DB	Free	simplywalks@buckinghamshire.gov.uk 01494 475367
<a href="#">Simply Walks Level 2</a>	Thursday 10:30am-12:30pm	Chesham Moor Park Walk - Car Park, Moor Road, Chesham, HP5 1SE	Free	simplywalks@buckinghamshire.gov.uk 01494 475367
<a href="#">Simply Walks Level 3</a>	Thursday 10:30am-12:30pm	Chesham Moor Park Walk - Car Park, Moor Road, Chesham, HP5 1SE	Free	simplywalks@buckinghamshire.gov.uk 01494 475367
<a href="#">Pro Mai Self Defence / keep fit</a>	Friday 6:30 - 7:45pm	Chiltern Hills Academy, Chartridge Lane, Chesham, HP5 2RG	Contact for price	Kohawley@btinternet.com 07732627491
<a href="#">Pro Mai Self Defence / keep fit</a>	Monday & Wednesday 6:15 pm - 7:20 pm	The Chilterns Lifestyle Centre, Chiltern Avenue, Amersham, HP6 5AH	Contact for price	Kohawley@btinternet.com 07732627491
<a href="#">Short mat bowls</a>	Wednesday 10am - 12pm, Friday 10am - 12pm	Chiltern Lifestyle Venue, Chiltern Ave, Amersham HP6 5AH	£3 per session £30 per year	01494 874929 www.amershamshortmatbowls.org/
<a href="#">Aqua Fitness</a>	Monday 10 - 11am, Tuesday 6 - 7pm, Wednesday 9 - 10am, Thursday 6 - 7pm, Saturday 10 - 11am	Chesham Moor Gym and Swim, Moor Rd, Chesham HP5 1SE	£7	01494 776975 www.cheshammoorfitness.org.uk/class/aqua-fitness/

<a href="#">Parkrun (5km Run/Walk)</a>	Saturday 9am	Church Mead, The Broadway, Amersham Old Town, HP7 0UT	Free	churchmead@parkrun.com <a href="https://www.parkrun.org.uk/churchmead/">https://www.parkrun.org.uk/churchmead/</a>
<a href="#">Exercise Class for Over 60s</a>	Tuesday 11am - 12pm	White Hill Centre White Hill Chesham HP5 1AG	£5	dianawykes6@gmail.com 07771657556
<a href="#">Table Tennis</a>	Monday 2 - 4pm, Wednesday 2 - 4pm	White Hill Centre White Hill Chesham HP5 1AG	Contact for price	info@whitehillcentre.org.uk 01494 775190
<a href="#">Badminton For Adults</a>	Wednesday 9:30 - 11:30am	White Hill Centre White Hill Chesham HP5 1AG	Contact for price	info@whitehillcentre.org.uk 01494 775190
<a href="#">Friday afternoon Bowls</a>	Friday 1:30 - 3:30pm	White Hill Centre White Hill Chesham HP5 1AG	Contact for price	info@whitehillcentre.org.uk 01494 775190
<a href="#">Chesham Pioneers Bowls Club</a>	Friday 10am - 1pm	White Hill Centre White Hill Chesham HP5 1AG	Contact for price	info@whitehillcentre.org.uk 01494 715461
<a href="#">Vivre Exercise</a>	Monday 9:30 - 10:30 am	White Hill Centre White Hill Chesham HP5 1AG	Contact for price	info@whitehillcentre.org.uk 07812 078401
<a href="#">Yoga</a>	Wednesday 9:15 - 10:15am	White Hill Centre, White Hill, Chesham, HP5 1AG	Free	info@sportinmind.org 07823973782
<a href="#">Keep Fit</a>	Thursday 2 - 2:45 pm	White Hill Centre White Hill, Chesham HP5 1AG	Contact for price	info@whitehillcentre.org.uk 07758 382528
<a href="#">Pilates</a>	Monday 11am – 12pm	White Hill Centre White Hill, Chesham HP5 1AG	Contact for price	info@whitehillcentre.org.uk 07758 382528
<a href="#">Zumba Gold</a>	Monday 10am - 10:45am	White Hill Centre White Hill, Chesham HP5 1AG	£8	mchenny1000@gmail.com

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.