

Local Aylesbury Activities

| Activity | Day/Time | Location | Cost | Booking contact |
|---|---|---|-------|---|
| Over 50s Tai Chi | Monday 11 am - 12 pm | Fairford Leys Community Centre, Hampden Square, Aylesbury, HP19 7HT | £5 | katie.youngman@aitc.org.uk 07956 702435 |
| Gentle Yoga | Wednesday 11.30am - 12.30pm | Fairford Leys Community Centre, Hampden Square, Aylesbury, HP19 7HT | £6 | janbakeryoga@gmail.com 07969779222 |
| Gentle Yoga | Wednesday 3:15 - 4:15 pm | Haddenham Library, Banks Park, Banks Road, Haddenham HP17 8EE | £7 | janbakeryoga@gmail.com 07969779222 |
| Simply Walks Level 1 | Monday 10:30am - 11:30am | Fairford Leys Community Centre, Hampden Square, Aylesbury, HP19 7HT | Free | simplywalks@buckinghamshire.gov.uk 01494 475367 |
| Simply Walks Level 2 | Tuesday 12pm - 1pm | Buck Yeomans Pub (outside), Bedgrove, Aylesbury, HP21 7UD | Free | simplywalks@buckinghamshire.gov.uk 01494 475367 |
| Simply Walks Level 3 | Every other Friday 11 am - 12:30pm | Co-Op, Jansel Square, Bedgrove, Aylesbury, HP21 7ET | Free | simplywalks@buckinghamshire.gov.uk 01494 475367 |
| Badminton - Adult Social sessions | 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 |
| Table Tennis | Tuesday 4pm - 9/9:30pm | Bierton Sports Centre, Burcott Lane, HP22 5AU | £4 | 01296 415218 https://aylesbury.ttleagues.com/ |
| Yoga and Mindfulness | Tuesday 12:30pm - 1:30pm | Arts Centre, Queens Park, Aylesbury HP21 7RT | £9.50 | helenatklegg@gmail.com 07783108299 |
| Yoga for Adults | Thursday 5:30pm - 6:30 pm | Arts Centre, Queens Park, Aylesbury HP21 7RT | £9.50 | helenatklegg@gmail.com 07783108299 |
| Qigong | Thursday 2 pm - 3 pm | Arts Centre, Queens Park, Aylesbury HP21 7RT | £9.50 | helenatklegg@gmail.com 07783108299 |
| Adult Ballet | Monday 11 am - 12 pm | Arts Centre, Queens Park, Aylesbury HP21 7RT | £8 | maria@sdsd.dance 07912093019 |
| Adult Tap | Monday 12:15pm - 1:15pm | Arts Centre, Queens Park, Aylesbury HP21 7RT | £8 | maria@sdsd.dance 07912093019 |

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| Table Tennis | Wednesday 7 pm - 8 pm Wednesday 8 pm - 9 pm | Quarrendon & Meadowcroft Community Centre, HP19 9HH | £4 | david.badham1@btinternet.com 07757853334 |
| Parkrun (5km Run/Walk) | Saturday 9am | Opposite Quarrendon & Meadowcroft Community Centre, HP19 9HH | Free | aylesbury@parkrun.com https://www.parkrun.org.uk/aylesbury/ |
| Short Mat Bowls | Friday 7-9pm/9.30 | Hawkslade Community Centre, Orwell Drive, Aylesbury, HP21 9YL | £4 | hawksladecc@aylesburyvaledc.gov.uk 01296 420384 |
| Bedgrove Badminton club | Tuesday 8pm - 10 pm | Aylesbury Grammar School, Walton Road, Aylesbury, HP21 7RP | Contact for price | bedgrove-bc@outlook.com 07712552121 |
| Tai Chi | Wednesday 10:30-11:30am Wednesday 11:30-12:30pm | Arts Centre, Queens Park, Aylesbury HP21 7RT | Free | info@sportinmind.org 07823973782 |
| Yoga | Tuesday 11 am - 12 pm Tuesday 12:05pm-1:05 pm | Arts Centre, Queens Park, Aylesbury HP21 7RT | Free | info@sportinmind.org 07823973782 |
| Tennis | Monday 11 am - 12 pm | Aylesbury Tennis Club, County Ground, HP21 9NJ | Free | info@sportinmind.org 07823973782 |
| Women Only Swimming | 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 |
| Seated Exercise | 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 |
| Seated Exercise | Every other Monday 2 pm - 3pm | Aston Clinton Baptist Church, 52 Green End St, Aston Clinton, HP22 5EX | £2 | amelia.evans@aitc.org.uk 07399 748803 |
| Forever Cycling | 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 |
| Forever Cycling | Every other Monday 2 pm - 3pm | Aston Clinton Baptist Church, 52 Green End St, Aston Clinton, HP22 5EX | £2 | amelia.evans@aitc.org.uk 07399 748803 |
| Slow Flow Yoga | Friday, 9 am – 10 am | Wendover Guide Hut, 17 Manor Crescent, Wendover, HP22 6HH | £12 | sabina.dye@happywellyoga.com 07578183711 |
| Kunda Dance | Friday, 10:15am - 11:15am | Wendover Guide Hut, 17 Manor Crescent, Wendover, HP22 6HH | £12 | sabina.dye@happywellyoga.com 07578183711 |



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| Pilates: Mat-based class | Wednesday, 10-11am | Halton Village Hall, 11 Old School Cl, Halton, Aylesbury, HP22 5NG | £10 | ruth.towell@gmail.com 07751879780 |
| Pilates: Standing/ Chair Class | Friday, 10-11am | Halton Village Hall, 11 Old School Cl, Halton, Aylesbury, HP22 5NG | £10 | ruth.towell@gmail.com 07751879780 |
| Rabble | Tuesday, 7 - 8pm | The Grange Secondary School, Wendover Way, Aylesbury HP21 7NH | Varies | Aylesbury.Rabble@outlook.com 07464 135761 |
| Monday Melodies | Every other Monday 10:30am - 12pm | Aylesbury Library, HP20 1UU | Free | lib-ayl@buckinghamshire.gov.uk 01296 382415 |

Online Classes:

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| 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.