Yoga in Sale

- Chair Yoga. Mon. 12noon. Coppice Library. 0161 912 3560
- Chair Yoga. Tues. 11.15am. St Anne's Church Hall. 07979410225
- Gentle Yoga. Tues. 4.30pm & 6pm. High Lee House. 07748262166
- Gentle Yoga. Wed. 1.00 & 2.30pm. Sale Sports Club 07748262166

For more information, please enquire on the numbers provided above.

Dancing in Sale

- Tea Dance. Last Friday of the month. 1.30pm-3.30pm
- Hiya Community Space. Free
- Modern Sequence Dancing. Thursday 8.00pm
  Sale Moor Community Centre
- Dance discovery over 50s. Wed. 10.30am-12.30am
  Waterside Arts Centre 0161 912 5616

RAMBLERS WELLBEING WALKS

- Boundary House. Tues 1.30pm. Free
- Woodheys Park Wed. 10.15 am. Free
- Walton Park Thurs. 10.15am. Free
- Sale Sports Club Fri. 9.45am. Free

Website: Ramblers Wellbeing Walks Trafford

Facebook: Ramblers Wellbeing Walks - Trafford | Facebook

Bluescl support

- Forest Bathing. Coppice Library. Thursdays. 2.00pm
- Coppice Gardening Group. Coppice Library. Fridays 10.00am

All information checked & correct at time of publication, but if you spot any changes or amendments needed please contact anna.jones@trafford.gov.uk Nov 2024

BODMIN - BOUNDARY - CONWAY - WASHWAY - FIRSWAY - SALE CENTRAL PCN

Supporting people of all ages across Trafford, to *move more*

Sale edition

Here are some local groups and activities you might be interested in -

Websites:

- https://www.salecentralpcn.nhs.uk/
- Move more in your home https://weareundefeatable.co.uk/
- Support for people with disabilities https://beyondempower.co.uk/

Pilates in Sale

- Intermediate Pilates. Mon & Fri. 9.30am & 10.30am.
  AOM United Reformed Church. 07758142127.
- Chair Pilates. Mon.10.30am.
  AOM United Reformed Church. 07758142127.
- Pilates. Mon & Fri. 11.00am. Sale West Community Centre.
  0161 973-8612.
- Pilates. Mon. 6.00pm, 7.00pm, 8.00pm
  AOM United Reformed Church. 07758142127.

For more information, please call the numbers provided above.

#MileShyClub

Mile Shy Walking Group (beginners)

- Coppice Library. Tues. 1.00pm

Mile Shy Running Group – Couch to 5K

- Outside Slug and Lettuce, Sale. Tues. 6.30pm

Website: www.mileshyclub.com

Phone number: 07403461240

parkrun

- Sale Park Run. Sale Waterside. Saturdays. 9am.
- Stretford Park Run. Longford Park. Saturdays. 9am

Trafford Leisure

- Keep Moving (Chair based exercise). Mon, Tues & Fri. 11.30am.
- Gentle Aerobics. Tues. 9.15am.
- Water Wellness. Tues &Thurs. 12:45pm.
- Aqua Aerobics. Wed & Fri. 11.45am.
- Walking Football. Wed. 11.45am.
- Keep Moving. Thurs. 9.30am.

For more information on prices and times please visit:

Website: www.traffordleisure.co.uk/centres/sale/

Trafford Circle – Volunteer Driver Scheme

Help people connect to the activities in this leaflet and their medical appointments by volunteering as a Trafford Circle community driver:

To find out more about the service:

https://www.youtube.com/watch?v=1TKJXX9g6mU

SALE SPORTS CLUB

- Walking Netball. Thursdays. 1.30pm-2.30pm
- Walking Football. Mondays. 10.30am-11.30am
- Mum's Fitness. Wednesdays. 7.30pm
- Pilates – various dates and times
- Yoga – various dates and times

For more information on prices and times please visit:

Website: www.salesportsclub.com

Phone: 0161 973 7250

u3a

- Badminton. Mon. Sale Leisure Centre
- Table Tennis. Thur. 1.30pm. Sale Leisure Centre
- Gardening Group. Sun. 10.00am. Moor Nook Park
- Cycling. 1st and 3rd Tues of the month
- Easy Exercises. Fri. 10.00-11.00. Sale Moor Community Centre
- Walking Group. Wed. 11.00 am

For more information please visit:

Website: www.sale.u3asite.uk/groups/

Volunteering in Sale

There's lots of volunteering opportunities in your community. To find out more about how you can help your local community:

- Sale Hub Volunteering: 07341 206441
- BlueSci, Coppice Library: 0161 912 3560
- Thrive: www.thrivetrafford.org.uk