

# Cancer Exercise Programmes

Programme	Provider/ Date/ Time	Cost (£)	Comments
<b>Bristol:</b> Easton LC, BS5 0SW  Henbury LC, BS10 7NG  Horfield LC, BS7 0XW	Everyone Active <b>Thurs 12.45-1.45pm</b>  <b>Fri 6-7pm</b>  <b>Tues 11am-12pm</b>	£3 per session for first 12 sessions £10 induction & set up fee £26 per month after initial 12 sessions	Contact: Ali MacFarlane 07825 033741
<b>Bristol (South):</b> Hengrove Park LC BS14 0DE	Parkwood Leisure <b>Mon 10.15-11.15am</b>	£2.95 per session or people can pay £25 per month for 6 months	Contact: Naomi Button 01179 370200
<b>BANES: Keynsham</b> Somerdale Pavilion BS31 2FW	Aquaterra "Step Out Move On" <b>Tues 10.30-11.30am</b>	£2.50 per session plus free refreshments afterwards	Contact: Mel Craven on <a href="mailto:melissa.craven@aquaterra.org">melissa.craven@aquaterra.org</a> or <a href="mailto:sphealthprojects@aquaterra.org">sphealthprojects@aquaterra.org</a> or call 01179 865787
<b>Clevedon:</b> Everyone Active Stadium, BS21 6TG	Everyone Active  <b>Tues 2 – 3pm*</b> <b>Tues 3 – 4pm</b>  *Starting 3rd April 2018	£4 per session	Contact: Kate Oldham 07800 743305
<b>Portishead:</b> Jubilee Hall BS20 6BE	My Simple Steps  <b>Tues 11.15 – 12.10pm</b> <b>Tues 12.15 – 1.10pm</b>	£3 per session for first 12 sessions Follow-on class charged at £4 per session	Contact: Kate Oldham 07800 743305
<b>Weston-super-Mare:</b> Hutton Moor LC BS22 8LY	Legacy Leisure <b>Mon - Gym class 1 - 2pm</b> <b>Tues – Studio class 2 – 3pm</b>	£3.95 per session for first 12 sessions	Contact: Jo Rickwood 01934 425900 <a href="mailto:huttonmoorhealth@legacyleisure.org.uk">huttonmoorhealth@legacyleisure.org.uk</a>
<b>South Gloucestershire:</b> Bradley Stoke LC, BS32 9BS	Circadian Trust <b>Fri 10-11am</b>	£3.35 per session	Contact: Dawn Jenkins 07967309335