

re:refresh
your health and wellbeing

COMMUNITY CLASSES

IDEAL FOR BEGINNERS



THE RE:FRESH TEAM IS
DEDICATED TO HELPING YOU
**GET ACTIVE AND
STAY ACTIVE**

Blackburn with Darwen
**WELLBEING
SERVICE**

Monday

Bums and Tums - Ladies Only 9.15am - 10am
Little Harwood Community Centre, Blackburn BB1 5PQ
Light Exercise 10.30am - 11.30am
Good Shepherd Church Hall, Blackburn BB1 7ND
Strength and Balance 12pm - 12.45pm
Greenfield Community Centre, Blackburn BB2 4SR
Chair Based Exercise - Ladies Only 2pm - 3pm
Audley & Queens Park NL Centre, Blackburn BB1 1SF

Tuesday

Light Exercise 10am - 11am
Wesley Hall, Blackburn BB2 1LQ
Strength & Balance 11.30am - 12.30pm
Central United Reformed Church, Darwen BB3 1AT
Chair Based Exercise 1pm - 2pm
New Methodist Church, Darwen BB3 1QL
Chair Based Exercise - Ladies Only 2pm - 2.45pm
Bangor Street Community Centre, Blackburn BB1 6NZ

Wednesday

Light Aerobics - Ladies Only 9am - 10am
Little Harwood Community Centre, Blackburn BB1 5PQ
Strength & Balance 11am - 12pm
Mill Hill Community Centre, Blackburn BB2 4DT
Strength & Balance 1.15pm - 2.15pm
Woodlands United Reformed Church, Blackburn BB2 5ND

Thursday

Light Aerobics - Ladies Only 9.30am - 10.30am
Wensley Fold Primary School, Blackburn BB2 6LX
Pilates - Ladies Only 10am - 11am Please bring your own mat.
Wesley Hall, Blackburn BB2 1LQ
Chair Based Exercise 10am - 11am
Revidge Fold United Reformed Church, Blackburn BB1 8DS
Chair Based Exercise 11am - 11.45am
Roe Lee Park Pavilion, Blackburn BB1 9RX
Beginners Pilates 1pm - 2pm Please bring your own mat.
Woodlands United Reformed Church, Blackburn BB2 5ND
Walking Netball 2.15pm - 3.15pm £2 per session - Term time only.
Blackburn Youth Zone, Blackburn BB1 1EP

All our classes are 16+ unless otherwise stated.

Classes are £1 under the re:refresh Leisure Scheme unless otherwise stated.. Please note that if you do not qualify for re:refresh or fail to produce a Leisure Card at each session you will be charged the full price. Please wear suitable clothing & footwear for exercise. Times correct as at March 2020.

**FOR MORE INFORMATION
ON ANY OF OUR EXERCISE CLASSES
PLEASE CONTACT US ON 01254 682037
OR WELLBEING@BLACKBURN.GOV.UK**



**BLACKBURN
with
DARWEN**
BOROUGH COUNCIL