







Blackburn with Darwen's RE:FRESH team is dedicated to supporting the health and wellbeing of people living and working in our Borough. Please see the timetable below for details of our sessions:

Sessions aimed at beginners or those returning to exercise after some time.

Ante and post natal sessions aimed at new mums and mums to be.

Learning through play sessions aimed at children aged 4 and under.

MONDAY

Session/Time	Description	£	Discount Available	Location	Booking Info
Led Walk 10.30am start	These volunteer led walks which may involve hills, rough ground and stiles, set off from a variety of different locations and last between one hour and 90 minutes. For more information and to book check out our Eventbrite page.	FREE		Various	Book via Eventbrite refreshledwalks.eventbrite.com
Walking Workout 11am - 11.45am	An easy paced health walk suitable for beginners including some low impact exercises along the way.	£2	 	Witton Park Meet at Pleasington Changing Rooms	Book using the 'Bwd Leisure' app or online at www.bwdleisure.com
ParkFit Beginners 12.30pm - 1.15pm	Low level, outdoor exercise class. Suitable for beginners.	£2	 	Witton Park Meet at near the barrier next to the Arena	Book using the 'Bwd Leisure' app or online at www.bwdleisure.com
Mini Movers 12.45pm - 1.30pm	Music and movement session for children aged 2 - 4 years. Indoor session. Children must be supervised by a parent or carer at all times at a maximum ratio of two children per adult. Fee to be paid on the day - please bring correct change.	50p		Central United Reformed Church Duckworth St, Darwen BB3 1AT	Book via Eventbrite refreshbwd.eventbrite.com
Chair Based Exercise 2pm - 3pm	A low level class to help improve strength and mobility. Suitable for beginners.	£2		Central United Reformed Church Duckworth St, Darwen BB3 1AT	Book via Eventbrite refreshbwd.eventbrite.com
Relaxation for Pregnancy 5.45pm - 6.30pm	A gentle class to relax the body and the mind. Learn how to switch on muscles in preparation for labour and birth. Connect with your growing baby. Please bring your own mat and a bottle of water. This class is suitable from 12 weeks of pregnancy	£2		Accrington Road Community Centre Blackburn BB1 2AQ	Book via Eventbrite refreshbwd.eventbrite.com







TUESDAY

Session/Time	Description	£	Discount Available	Location	Booking Info
Mini Movers 9.45am - 10.30am	Music and movement session for children aged 2 - 4 years. Indoor session. Children must be supervised by a parent or carer at all times at a maximum ratio of two children per adult.	50p		Witton Park Arena Indoor Track	Book by calling the Leisure Hub on 01254 585555 Leisure Card required.
Functional Circuit 10am - 11am	A low level class to help improve strength and mobility. Focus on basic movement patterns to get stronger and help make everyday activities easier. Suitable for beginners.	£2	 re:fresh your health and wellbeing	Central United Reformed Church Darwen	Book via Eventbrite refreshbwd.eventbrite.com
Strength and Balance 10am - 11am	Work on keeping muscles strong and improve balance. Suitable for beginners. Resistance bands are available to purchase from your instructor. Please bring water.	£2	 re:fresh your health and wellbeing	Little Harwood Community Centre Blackburn BB1 5PQ	Book via Eventbrite refreshbwd.eventbrite.com
Cycle Back to Fitness 10am - 10.45am or 11.15am - 12pm	A session for cyclists keen to get back on a bike again and ease their way into building up their fitness and cycling confidence in a controlled hazard free area away from general park users and traffic. Trikes also available. £1 under the re:fresh leisure scheme	£2	 re:fresh your health and wellbeing 	Witton Park Meet at the main entrance to the Arena	Book using the 'BwD Leisure' app or online at www.bwdleisure.com
Movers and Shakers 11.30am - 12.15pm	A fun, interactive sensory session for children aged 1 - 2 years. Indoor session. Children must be supervised by a parent or carer at all times at a maximum ratio of two children per adult.	50p		Central United Reformed Church Darwen	Book via Eventbrite refreshbwd.eventbrite.com
Men's Bike Ride 1pm - 2.30pm	A gentle guided three mile bike ride from Witton Park along the canal and back. Get out and connect with others. Bikes and helmets available to use.	£2	 re:fresh your health and wellbeing 	Witton Park Meet at the main entrance to the Cycle Centre	Book using the 'BwD Leisure' app or online at www.bwdleisure.com
Walk and Talk for New Mums and Mums to Be 1.30pm - 2.15pm	Join us for a walk around Witton Park. This session is specifically for new mums and mums to be. Meet other expectant mums and mums with babies under 12 months, make friends and get some fresh air.	FREE		Witton Park Meet on the main path next to the Arena	Book via Eventbrite refreshbwd.eventbrite.com
Chair Based Exercise 2.30pm - 3.15pm	A low level class to help improve strength and mobility. Suitable for beginners.	£2	 re:fresh your health and wellbeing	Bangor St Community Centre Blackburn BB1 6NZ	Book via Eventbrite refreshbwd.eventbrite.com


WEDNESDAY

Session/Time	Description	£	Discount Available	Location	Booking Info
Baby Rhyme Time 10am - 11am	A fun and interactive session for babies, toddlers and their parents or carers. Suitable for babies and toddlers age 6 - 14 months. Baby Rhyme will take place for the first half of the session and then we will have chance for a drink and a chat. Unfortunately we cannot provide drinks at the moment but please feel free to bring your own.	50p		Woodlands United Reformed Church Blackburn BB1 5PQ	Book via Eventbrite refreshbwd.eventbrite.com
Walking Workout 10am - 10.45am	An easy paced health walk suitable for beginners including some low impact exercises along the way.	£2	re:fresh your health and wellbeing	Bold Venture Park, Darwen Meet at Park Gates	Book via Eventbrite refreshbwd.eventbrite.com
Led Walk 10.30am start and 7pm start	These volunteer led walks which may involve hills, rough ground and stiles, set off from a variety of different locations and last between one hour and 90 minutes. For more information and to book check out our Eventbrite page.	FREE		Various	Book via Eventbrite refreshledwalks.eventbrite.com
Walking Workout 11.30am - 12.15pm	An easy paced health walk suitable for beginners including some low impact exercises along the way.	£2	re:fresh your health and wellbeing 	Pleasington Meet at Pleasington Changing Rooms	Book using the 'BwD Leisure' app or online at www.bwdleisure.com
Buggy Buddies 11.30am - 12.15am	Slowly build strength and fitness levels after your baby whilst meeting other new mums. Suitable after your 6-8 week check or 12 week check after a c-section until baby is 18 months old. Babies must remain in their pram for the duration of the class.	£2	re:fresh your health and wellbeing	Woodlands United Reformed Church Blackburn BB1 5PQ	Book via Eventbrite refreshbwd.eventbrite.com
Strength and Balance 1pm - 1.45pm or 2.15pm - 3pm	Work on keeping muscles strong and improve balance. Suitable for beginners. Resistance bands are available to purchase from your instructor. Please bring water.	£2	re:fresh your health and wellbeing	Woodlands United Reformed Church Blackburn BB1 5PQ	Book via Eventbrite refreshbwd.eventbrite.com
Pram Push Pilates 1.30pm - 2.30pm	Pram push pilates offers a safe and effective way to strengthen, realign and work on the core and pelvic floor muscles after having a baby whilst taking a walk through the park. Bring baby along and meet other new mum's. Suitable for new mums with baby after 6-8 week check normal delivery and 12 weeks after a C-section.	£2	re:fresh your health and wellbeing 	Witton Park Meet on the main path opposite the Witts Playground	Book using the 'BwD Leisure' app or online at www.bwdleisure.com
Legs, Bums and Bumps 6.15pm - 7pm	Strengthen the legs, bottom and core muscles to help your body to support your growing baby. Stay energised and strong throughout, in preparation for labour and birth. Suitable at any stage of pregnancy.	£2	re:fresh your health and wellbeing 	Witton Park Arena	Book using the 'BwD Leisure' app or online at www.bwdleisure.com

THURSDAY

Session/Time	Description	£	Discount Available	Location	Booking Info
Pilates for Beginners 10am - 11am	Suitable for beginners. Please bring your own mat and a bottle of water.	£2	 your health and wellbeing	Wesley Hall Methodist Church Blackburn BB2 1LQ	Book via Eventbrite refreshbwd.eventbrite.com
Walk and Explore 10am - 10.45am	Explore the nature of our wonderful park with this short walk and explore session. Suitable for children aged 2 to 4 years.	FREE		Whitehall Park Darwen BB3 2NQ Meet at the side entrance to the Park	Book via Eventbrite refreshbwd.eventbrite.com
Chair Based Yoga 11.30am - 12.30pm	Focus on strength, flexibility and breathing with this low level chair based session. Suitable for beginners.	£2	 your health and wellbeing	Wesley Hall Methodist Church Blackburn BB2 1LQ	Book via Eventbrite refreshbwd.eventbrite.com
Walking Workout 11.30am - 12.15pm	An easy paced health walk suitable for beginners including some low impact exercises along the way.	£2	 your health and wellbeing 	Witton Park Meet at Pleasington Changing Rooms	Book using the 'BwD Leisure' app or online at www.bwdleisure.com
Biker Tots Trail 11.30am - 12.15pm	Fun session for children aged 2 - 4 years with a selection of balance bikes. Children must be supervised on a maximum ratio of 2 children to 1 adult. Parents or carers must stay and supervise their children. This outdoor session will take place on the paths around the park. Bikes and helmets will be provided.	50p		Corporation Park Blackburn BB2 6AY Meet at the playground	Book via Eventbrite refreshbwd.eventbrite.com
Parent and Toddler Led Ride 1.30pm - 2.30pm	Join us for a led ride around Witton Park using our bike trailers to bring your little ones along for the ride. The trailers are suitable for children from 12 months up to 18kg (minimum height 105cm).	£2	 your health and wellbeing 	Witton Park Meet on the main path next atthe Cycle Centre	Book using the 'BwD Leisure' app or online at www.bwdleisure.com

FRIDAY

Session/Time	Description	£	Discount Available	Location	Booking Info
Biker Tots Trail 9.45am - 10.30am	Fun session for children aged 2 - 4 years with a selection of balance bikes. Children must be supervised on a maximum ratio of 2 children to 1 adult. Parents or carers must stay and supervise their children. This outdoor session will take place on the paths around the park. Bikes and helmets will be provided.	50p		Witton Park Meet outside the Pavilion	Book by calling the Leisure Hub on 01254 585555 Leisure Card required.
Led Walk 10.30am start	These volunteer led walks which may involve hills, rough ground and stiles, set off from a variety of different locations and last between one hour and 90 minutes. For more information and to book check out our Eventbrite page.	FREE		Various	Book via Eventbrite refreshledwalks.eventbrite.com
Pedal Round the Park 10.30am - 11.30am	A led ride for adults at an easy pace around the mile loop in the park. Ideal for those just getting into cycling. Bikes and helmets provided. Meet at Cycle Centre at the Pavilion.	£2		Witton Park Meet at the Cycle Centre next to Pavilion	Book using the 'BwD Leisure' app or online at www.bwdleisure.com
Walk and Explore 11.30am - 12pm	Explore the nature of our wonderful park with this short walk and explore session. Suitable for children aged 2 to 4 years. Children must be accompanied by an adult.	FREE		Witton Park Meet outside the Pavilion	Book via Eventbrite refreshbwd.eventbrite.com
Aqua Natal 12pm - 12.45pm	Aqua Natal classes are water-based exercise classes especially designed for pregnant women in their second and third trimesters. They aim to help you keep gently fit without damaging any joints or ligaments	£2		Blackburn Sports and Leisure Centre	Book using the 'BwD Leisure' app or online at www.bwdleisure.com

Discounts  Session price reduced to £1 for anyone who lives, works, has a GP or is in full time education in Blackburn with Darwen.

 Session included in any BwD Leisure monthly or annual all inclusive membership.