

Come & see one of our experienced & qualified members of our team

Not sure where to start? Come and visit one of our centres (No appointment needed) and have a chat with one of our team at any of these times:

Sale Leisure Centre

Monday: 8am - 5pm Tuesday: 8am - 5pm Thursday: 8am - 2pm Saturday: 11am - 1.30pm

Move Urmston

Monday: 3pm - 4pm Tuesday: 12pm - 1.30pm Thursday: 9.30 - 11am Friday: 12pm - 1pm Sunday: 4pm - 5pm

Altrincham Leisure Centre

Monday: 10am - 11am

Stretford Sports Village

Tuesday: 2.30pm - 3.30pm **Thursday**: 5pm - 6pm **Friday:** 10am - 11am

Trafford Leisure is working hard to bring the Physical Activity Referral scheme back to our Trafford community for the start of 2022.

In the meantime, from the 11th October 2021 we will have the following options available for GPs and health partners to signpost anyone wanting to take their first step towards a more active life.



Move with us in an exercise class!

with like minded people! New people join us every week.

Sale Leisure Centre

Monday: Pilates - 11.30am

Tuesday: Gentle Aerobics - 9.15am & Keep Moving - 11.30am

Wednesday: Walking Football - 12pm **Thursday:** Keep Moving - 9.30am **Friday:** Chair Based - 11.30am

Altrincham Leisure Centre

Tuesday: Gentle Aerobics - 11.30am & Water Wellness - 11.45am

Wednesday: Stretch & Strengthen (Chair based) - 12pm

Stretford Sports Village

Tuesday: Pilates - 12.30pm **Wednesday:** Pilates - 12pm

Thursday: Aqua Aerobics - 11.30 & Pilates - 12.30pm

Move Urmston

Monday: Gentle Aerobics - 10am

Tuesday: Pilates - 2.30pm

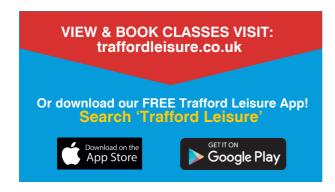
Wednesday: Gentle Aerobics - 10am & Simple Circuits - 12.30pm

Friday: Gentle Aerobics - 10am & Pilates - 11.30am

There are also Well-being Walks across Trafford.

To find your nearest walk, visit: walkingforhealth.org.uk/walkfinder/walkfinder-scheme-504212

For older people there are postural stability (falls prevention) classes delivered in community venues across Trafford. To find your nearest class, visit: ageuk.org.uk/trafford/our-services/falls-prevention





FIND US HERE...

Altrincham Leisure Centre

Oakfield Rd, Altrincham, WA15 8EW

Stretford Sports Village

Great Stone Rd, Stretford, M32 0ZS

Move Urmston

Bowfell Rd, Urmston, M41 5RR

Sale Leisure Centre

Broad Rd, Sale. M33 2AL



For more information call: 0161 749 2570