

Trafford Leisure's Physical Activity Referral

Planned to Return in the New Year!



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



VIEW & BOOK CLASSES VISIT:
traffordleisure.co.uk

Or download our **FREE Trafford Leisure App!**
Search 'Trafford Leisure'



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

