

## ACTIVITY FOR LIFE DIRECTORY

PRODUCED BY THE FOREST OF DEAN DISTRICT COUNCIL

It is **FREE** to advertise your activity in this Directory.  
 If you would like to be included and consider your class suitable for the  
 over 50's, please let me know at [Nita.Wood@fdean.gov.uk](mailto:Nita.Wood@fdean.gov.uk) or by  
 telephone on 01594 812617.

If any details are incorrect or need amending, please  
 contact me on the above contact details.

Please take a look at our website for up to-date listings of classes  
 suitable for all ages in all five of our leisure centres at  
[www.forestleisure.org.uk](http://www.forestleisure.org.uk)

### SUNDAY ACTIVITIES

#### Dance Classes

Modern Jive Class Bishopswood Village Hall 7pm beginners 8.30pm improvers	
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### MONDAY ACTIVITIES

#### Gentle Exercise

Seated & Standing Class with Betty Howard Huntley Village Hall 2.30pm – two sessions Tel: 01452 830044 for more information	
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#### Aerobic Classes

Forest Gate Church, Mitcheldean 9.30am – 10.30am 6pm – 7pm	
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## Body Toning

Forest Gate Church, Mitcheldean 7.15pm – 8.15pm	Toning With Weights Bream Community Centre 11.30am – 12.30pm
Step & Tone with Simone Price Milkwall Social Club 6pm – 7pm Cost: £4 Tel: 01594 810737	

## Dance Classes

Jive and Lindyhop Classes Lydney Town Hall 7.30pm – 8.30pm	Zumba Five Acres Leisure Centre, Coleford 9.30am – 10.15am Telephone Hayley on 0776 588 3442 (No need to queue at reception, pay instructor direct)
Lindyhop Classes Bishopswood Village Hall 7pm beginners 8.30pm intermediates	Tea Dance Ruspidge Memorial Hall 2.30pm – 4.30pm Cost: £1.50
Wyedance - Dance Fit: Adults all ages (18+) with Nic Suddaby Cinderford Rugby Club 6pm – 7pm Tel: 01531 820591 – pre-booking essential	Line Dancing for Beginners Whitecroft Memorial Hall 7pm – 8.30pm Cost: £4.00
Line Dancing Lessons Lydbrook District Community Club 7pm – 8pm beginners 8pm – 10pm dancing	Zumba Newent Leisure Centre 6.15pm – 7pm Telephone Hayley on 0776 588 3442 (No need to queue at reception, pay instructor direct)

## Pilates Classes

Pilates for Life with Simone Price Milkwall Social Club 7.15pm Cost: £4 Tel: 01594 810737	Ruardean Woodside Memorial Hall 9.30am – 10.30am
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Pilates Classes St Briavels Assembly Rooms St Briavels 2pm – 3pm £5 per session Telephone Penny Jones on 01291 627243 or 07787 193302 Email: <a href="mailto:penelopejones@tiscali.co.uk">penelopejones@tiscali.co.uk</a>	
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### Yoga Classes

St Briavels Assembly Rooms St Briavels 9.30am – 11am – All levels of fitness Telephone Liz Lennon on 01594 845992 <i>Ladies &amp; Gentlemen Welcome</i>	
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## TUESDAY ACTIVITIES

### Dance Classes

Arabesque Bellydance Broadwell Memorial Hall 6.30pm – 7.45pm beginners	Cuban Salsa Bridges Centre, Monmouth 7.30pm – 9.30pm
Wyedance – Dance and Movement with Sarah Gardiner Dymock Village Hall – Mature Adults 10.30am – 11.30am Tel: 07976 528981 – pre-booking essential	Dance Fit: Adults of all ages with Nic Suddaby Westbury-on-Severn Parish Hall 6.15pm – 7.15pm Tel: 01531 820591 – pre-booking essential
Line Dancing Sedbury British Legion 10.30am – 11.30am Cost: £3	Beginners' Dance Class Offa's Mead School, Sedbury 7pm
Zumba Class Five Acres Leisure Centre Coleford 6pm – 6.45pm Telephone Hayley on 0776 588 3442 (No need to queue at reception, pay instructor direct)	Dance Fit: Adults of all ages with Nic Suddaby Staunton & Corse Village Hall 11.30am – 12.30pm Tel: 01531 820591

Dance Fit: Adults of all ages with Nic Suddaby Bishopswood Village Hall 9.30am – 10.30am Tel: 01531 820591 – pre-booking essential	Belly Dance for Fun and Fitness Berry Hill Memorial Hall 7.30pm – 9.00pm Tel: 01594 833736 Email: <a href="mailto:Simply-dance@hotmail.co.uk">Simply-dance@hotmail.co.uk</a>
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### Fitness Classes

Soudley Village Hall 7pm – 8pm Cost: £3	Keep Fit and Circuits Northwood Green Social Club 7pm – 8pm
Yoga Forest of Dean Gymnastics Centre Five Acres 7pm – 8pm 8pm – 9pm	

### Pilates Classes

Power Pilates Advanced With Simone Price Dene Magna School, Mitcheldean 7pm – 8pm Tel: 01594 810737 <i>Term time only</i>	Pilates Basics With Simone Price Dene Magna School, Mitcheldean 5pm – 6pm Tel: 01594 810737 <i>Term time only</i>
Pilates Improvers With Simone Price Dene Magna School, Mitcheldean 6pm – 7pm Tel: 01594 810737 <i>Term time only</i>	

## WEDNESDAY ACTIVITIES

### 'Young At Heart' Club

Young At Heart Club – for the over 50's  
Held at: Whitecross Leisure Centre, Church Road, Lydney. Tel: 01594 842383  
Time: 3.30pm – 5.00pm  
Activities include Short Mat Bowls, Badminton, Table Tennis and a gentle exercise class.

### Dance Classes

Line Dancing Lessons Cinderford Rugby Club 7pm – 8pm beginners 8pm – 10pm dance	Line Dancing Classes Drybrook Memorial Hall 10am – 11am beginners 11.15am – 12.15pm improvers Cost: £3.00 refreshments free
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<p>Beginners' Jive and Lindyhop Class Lydney Town Hall, Lydney 7.30pm – 8.30pm Cost: £5.00</p>	<p>Bellydance Class Crawshay Place, off Hastings Road, Cinderford 7.30pm Cost: £4.00</p>
<p>Ballroom and Latin Class Worcester Road Centre, Cinderford 7pm – 8pm</p>	<p>Wyedance – Tap: Adults all ages with Kim Owston Cinderford St Anthonys School 7.00pm – 8.00pm Tel: 01594 825143 – pre-booking essential</p>
<p>Chepstow Folk Dance Club Beaufort Hotel, Chepstow 7.30pm Cost: £2.00</p>	<p>Dance Fit: Adults of all ages with Nic Suddaby Dene Magna School, Mitcheldean 6.30pm – 7.30pm Tel: 01531 820591 – pre-booking essential</p>
<p>Dance for Fitness &amp; Fun St Briavels Assembly Rooms St Briavels 7pm – 8pm Telephone Tamara on 01291 689583 or 07976 944767</p>	<p>Coherence: Dance for Wellbeing St Briavels Assembly Rooms St Briavels 8.15pm – 9.15pm Telephone Tamara on 01291 689583 or 07976 944767</p>

### **Fitness Classes**

<p>Fitball Forest of Dean Gymnastics Centre, Five Acres. 6pm – 7pm</p>	
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### **Yoga Classes**

<p>Classical Yoga Coalway Methodist Church Hall 6.45pm – 8.15pm</p>	<p>Forest of Dean Gymnastics &amp; Fitness Centre Five Acres 7.30pm</p>
<p>Five Acres Leisure Centre, Coleford 7.30pm – 8.30pm Telephone Hayley on 0776 588 3442 (No need to queue at reception, pay instructor direct)</p>	

## THURSDAY ACTIVITIES

### Dance Classes

<p>Arabesque Bellydance Broadwell Memorial Hall 10.45am – 12.15pm open class</p>	<p>Line Dancing Lydbrook Community Club 7pm</p>
<p>Salsa Armoury Hall Newnham on Severn 7.30pm – 10pm</p>	<p>Salsa Flex (LA Style) The Annexe, Newerne Street, Lydney 7.45pm Cost: £5</p>
<p>Wyedance – Dance Fit: Adults all ages with Nic Suddaby Westbury-on-Severn Parish Hall 10am – 11am Tel: 01531 820591 – pre-booking essential</p>	<p>Dance Fit: Mature Adults with Sarah Gardiner Dymock Village Hall 10.30am – 11.30am Tel: 07976528981 – pre-booking essential</p>
<p>Modern Jive Drybrook Memorial Hall 7.30pm beginners 8.45pm improvers</p>	<p>Zumba Class Newent Leisure Centre 7.30pm – 8.15pm Telephone Hayley on 0776 588 3442 (No need to queue at reception, pay instructor direct)</p>

### Step Classes

<p>Forest Gate Church, Mitcheldean 6pm – 7pm</p>	
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### T'ai Chi Classes

<p>T'ai Chi Linton Village Hall 6pm starters 7pm advanced</p>	
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### Yoga Classes

<p>Yoga Ministerworth Village Hall 7pm – 8.30pm</p>	<p>Gentle Yoga Berry Hill Memorial Hall 10am – 11.30am Tel: 01594 810455</p>
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<p>St Briavels Assembly Rooms  St Briavels  7.30pm – 9pm – All levels of fitness  Telephone Liz Lennon on 01594  845992  <i>Ladies &amp; Gentlemen Welcome</i></p>	
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**FRIDAY ACTIVITIES**

**Dance Classes**

<p>Wyedance – Dance Fit: Adults all ages with Nic Suddaby  Longhope Latchen Room  9.30am – 10.30am  Tel: 01531 820591 – pre-booking essential</p>	<p>Dance Movement  Drybrook Band Hall  9.30am – 10.30am  Over 55s</p>
<p>Dance Fit  Ruardean Woodside Village Hall  11am – 12noon  Adults</p>	<p>Line Dancing  May Hill Village Hall  10am beginners  10.45am – 12.30pm intermediate  Cost: £3</p>
<p>Zumba  Five Acres Leisure Centre  Coleford  6pm – 6.45pm  Telephone Hayley on 0776 588 3442  (No need to queue at reception, pay instructor direct)</p>	<p>Dance Fit: Adults of all ages with Nic Suddaby  Newent Memorial Hall  1.45pm – 2.45pm  Tel: 01531 820591 – pre-booking essential</p>

**Pilates Classes**

<p>Pilates Classes  St Briavels Assembly Rooms  St Briavels  2pm – 3pm  £5 per session  Telephone Penny Jones on 01291  627243 or 07787 193302  Email: <a href="mailto:penelopejones@tiscali.co.uk">penelopejones@tiscali.co.uk</a></p>	
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**T'ai Chi**

<p>Yorkley Recreation Hall  6.30pm – 7.30pm  Cost: £3.00</p>	
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## Yoga Classes

Freestyle Fitness Yoga The Main Place, Coleford 7pm – 8pm Tel: Hayley on 0776 588 3442 for more information	
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## SATURDAY ACTIVITIES

Ballroom and Latin Courses Berry Hill Memorial Hall 7.30pm – 9.00pm Tel: 01594 833736 Email: <a href="mailto:Simply-dance@hotmail.co.uk">Simply-dance@hotmail.co.uk</a> Please contact for details	
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*Disclaimer: Activity providers in this directory have not been independently checked therefore no responsibility can be accepted for errors or omissions. Individuals should ensure that the activity and environment is suitable for their level of ability.*

**Updated February 2011**