



# SPORTS £ POUND



## Yate

Details of where you can exchange your SportsPound vouchers are overleaf.

### How they work...

- 1) Contact the provider to tell them you are coming
- 2) Fill in your name and date on your voucher and hand it in at the session
- 3) Take part in the session/activity!

You can use your vouchers to try different activities or all at the same one

For more information please contact the Cadbury Heath Activator, Carly Price  
Mob: **07736 194853** Tel: **01454 865821** email: [carly.price@southglos.gov.uk](mailto:carly.price@southglos.gov.uk)

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Activity/Club	Day/times	Location	Contact details – contact before attending
Bounce back (new mums)	Mon and Wed 9.30am-10.15am	The Ridings Chipping Sodbury -Meet outside the rugby club	Tel: 07766730838 Email: hanhurley@yahoo.co.uk
Buggy Fitness	Thurs 9.30am- 10.15am	The Ridings Chipping Sodbury -Meet outside the rugby club	Tel: 07766730838 Email: hanhurley@yahoo.co.uk
Dementia friendly activities	Mon 10am-12pm (term time only)	We meet in Soho Coffee Shop - Yate Leisure centre	Tel: 0300 333 0300
Exercise and Friendship Groups	Fri 10am-11:30 am	Cambrian Green Court (Housing 21), Yate, BS37 5TR	<b>Please call before attending</b> Spencer Tel: 07825155854 info@sportingchance-pt.co.uk
Exercise and Friendship Groups	Mon 10-11:30am	St Nicholas Family Centre, Chargrove, Yate, BS37 4LG	<b>Please call before attending</b> Spencer Tel: 07825155854 info@sportingchance-pt.co.uk
Pump Uk – Martial Arts	Call for details	Yate Leisure Centre	Raymond Gayle raygayle@me.com
Real Fitness With Sarah	Wed 6:35pm	Raysfield Junior School, Chipping Sodbury	text or email to confirm beforehand: Tel: 07975943587 <a href="http://www.realfitnesswithsarah.com">www.realfitnesswithsarah.com</a>
Real Fitness With Sarah	Wed 10:45am	Yate Community Centre	text or email to confirm beforehand: Tel: 07975943587 <a href="http://www.realfitnesswithsarah.com">www.realfitnesswithsarah.com</a>
Running Group	Thur 7pm	Yate Outdoor Sports Centre	malkwhite.mw@googlemail.com
Temples Taekwondo	Mondays & Thursdays 6:15pm	Thornbury Leisure Centre, BS5 7QJ	Ben Temple btemple@hotmail.com 07825369487
Walking Football	Tuesday 6pm-7pm	Bowling Road, Chipping Sodbury Bristol, BS37 6EW	<a href="mailto:enquiries@chippingsodbury-school.com">enquiries@chippingsodbury-school.com</a> 01454 862900



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