

Wakefield Area – Physical/Activity Groups

AGBRIGG

Group Name: **Asian Ladies Group**
Venue: Agbrigg & Belle Vue Community Centre
Address: Montague Street, Agbrigg, Wakefield
Postcode: WF1 5BB
Telephone Number: 01924 303337
Contact Name: Contact Centre
Contact Telephone Number: As above
Day of Group: Tuesday
Time of Group: 11.00am to 1.00pm
Website:

EASTMOOR

Group Name: **Community Gardening**
Venue: Community Allotments
Address: Park Lodge Lane, Eastmoor, Wakefield
Postcode: WF1
Telephone Number: 01924 299815
Contact Name: Kathryn Barton
Contact Telephone Number: 07801 686040
Day of Group: Wednesday
Time of Group: 10.30am to 2.00pm
Website: www.btcv.org.uk

Group Name: **Fit & Friendly Club**
Venue: St Swithuns Community Centre
Address: Arncliffe Road, Eastmoor, Wakefield
Postcode: WF1 4RW
Telephone Number: 01924 361212
Contact Name: Mollie Farrar or Mavis Worth
Contact Telephone Number: 01924 374309 or 01924 361397
Day of Group: Friday
Time of Group: 10.00am to 12.00noon
Website: www.eastmoorcommunity.org.uk

Group Name: **Wednesday Walk**
Venue: St Swithuns Community Centre
Address: Arncliffe Road, Eastmoor, Wakefield
Postcode: WF1 4RW
Telephone Number: 01924 361212
Contact Name: Contact centre
Contact Telephone Number: As above
Day of Group: Wednesday
Time of Group: 10.00am to 11.00am
Website: www.eastmoorcommunity.org.uk

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EASTMOOR

Group Name: **Pilates**
Venue: St Swithuns Community Centre
Address: Arncliffe Road, Eastmoor, Wakefield
Postcode: WF1 4RW
Telephone Number: 01924 361212
Contact Name: Contact centre
Contact Telephone Number: As above
Day of Group: Tuesday (contact centre for details)
Time of Group: 5 – 6 pm
Website: www.eastmoorcommunity.org.uk

FLANSHAW

Group Name: **Fitness Suite**
Venue: Denhale Active Recreation Centre
Address: Denhale Avenue, Flanshaw, Wakefield
Postcode: WF2 9EF
Telephone Number: 01924 384078
Contact Name: The Manager
Contact Telephone Number: As above
Day of Group: Monday to Friday
Time of Group: Mon/Wed 9.00am to 8.00pm,
Tues/Thurs/Fri 1pm to 8.00pm
(£3.70 before 5.00pm, £3.90 after or £20 monthly)
Website:

HAVERCROFT

Group Name: **Health Walk**
Venue: Havercroft & Ryhill Community Learning Centre
Address: Mulberry Place, Ryhill, Wakefield
Postcode: WF4 2BD
Telephone Number: 01226 727824
Contact Name: Centre Manager
Contact Telephone Number: As above
Day of Group: Every other Wednesday
Time of Group: 10.30am to 11.30am
Website: www.wymetro.com

LUPSET

Group Name: **Community Gardening**
Venue: Community Allotments
Address: St George Road, Lupset, Wakefield
Postcode: WF2
Telephone Number: 01924 299815
Contact Name: Kathryn Barton
Contact Telephone Number: 07801 686040
Day of Group: Thursday
Time of Group: 11.00am to 2.30pm
Website: www.btcv.org.uk

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WAKEFIELD

Group Name: **Reconnect & (Friday Friends Coffee Club)**
Venue: West Wakefield Methodist Church
Address: Thornes Road, Wakefield
Postcode: WF2 8QR
Telephone Number: 01924 374238
Contact Name: Ms Helen Smith
Contact Telephone Number: As above
Day of Group: Friday
Time of Group: 9.30am to 11.30am
Website: admin@reconnectwakefield.org.uk

Group Name: **U3a Table Tennis**
Venue: Primrose Hall, Green Park Avenue, Horbury
Address:
Postcode:
Telephone Number:
Contact Name: Michael
Contact Telephone Number: 01924 277776
Day of Group: Tuesday
Time of Group: 2.00pm – 4.00pm
Website: www.wakefieldu3a.org.uk

Group Name: **U3a Walking**
Venue: Meet Holmfield Park car park
Address:
Postcode:
Telephone Number:
Contact Name: Lorraine Johnson
Contact Telephone Number: 01924 256193
Day of Group: Afternoons 2nd Tuesday of month (5miles)
Day of Group: All day walks 3rd and 4th Mon of the month (8-10miles)
Website: www.wakefieldu3a.org.uk

Group Name: **U3a Yoga**
Venue: Manygates Adult Education Centre
Address: 24-26 Manygate Lane
Postcode: WF2 7DQ
Telephone Number:
Contact Name: Judy Downie
Contact Telephone Number: 01924 860398
Day of Group: Tuesday
Day of Group: 1.00pm – 2.30pm
Website: www.wakefieldu3a.org.uk

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WAKEFIELD

Group Name: **U3a Fitness**
Venue: Manygates Adult Education Centre
Address: 24-26 Manygate Lane
Postcode: WF2 7DQ
Telephone Number:
Contact Name: Ann McDermott
Contact Telephone Number: 01924 290504
Day of Group: Friday
Day of Group: 11.30pm – 12.30pm
Website: www.wakefieldu3a.org.uk