



Leisure and Active Wellbeing

October 2026 Edition

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For more information on Active Wellbeing opportunities contact Community Wellbeing:
01594 812447 / community.wellbeing@fdean.gov.uk

Gym Options

Area	Gym	Location	GP Referral trained instructors?	Contact Details
Cinderford	<u>Freedom Leisure Cinderford</u>	Causeway Road, Cinderford, GL14 2AF	Yes	01594 824008
	<u>Ironmasters</u>	37 Foxes Bridge Road, Cinderford, GL14 2PQ	No	07507 857574
	<u>Frazer Montague Fitness</u>	Frazer Montague Fitness, 47 Foxes Bridge Road, Cinderford, GL14 2PQ.	Yes	07765 213127
	<u>Relentless</u>	Building 9, Vantage Point, Mitcheldean, GL17 0DD.	Yes	07818 593313
Coleford	<u>Fitzone</u>	Forest of Dean Gymnastics & Fitness Centre, Five Acres, Coleford, GL16 7QW	No	01594 833393
	<u>Rockets Health and Fitness</u>	Mile End Road, Broadwell, Coleford, GL16 7QD	Yes	01594 834700
	<u>Bells Hotel Gym</u>	Bells Hotel and Country Club, Lords Hill, Coleford, GL16 8BE.	No	01594 832583
Lydney	<u>Inclusive Fitness CIC</u>	Unit 2/3, Miles Merchant Yard, Bream, GL15 6JE.	Yes	07943 393289
	<u>Freedom Leisure Lydney</u>	Church Road, Lydney, GL15 5DZ	Yes	01594 842383
	<u>Fortitude</u>	Unit 1 Old Farmers Stores Church Road, Lydney GL15 5EX.	No	07360 278781
	<u>Whitemead Forest Park Pool & Gym</u>	Whitemead Forest Park, Parkend, GL15 4LA	No	01594 560400
Newent	<u>Freedom Leisure Newent</u>	Watery Lane, Newent, GL18 1PX	Yes	01531 821519
Sedbury	<u>Freedom Leisure Sedbury</u>	Beachley Road, Sedbury, NP16 7AA.	Yes	01291 625347
	<u>Chepstow Leisure Centre</u>	Welsh Street, Chepstow NP16 5LX	Yes	01633 644800

Exercise Recommendation Scheme Classes

Class costs range from £4-7 per session. Contact class provider for details.
Note: Classes delivered by FoDDC are by Referral only from a health professional.

Mondays

Time	Class	Place	Contact
FoDDC Classes			
10:30-11:30	Active Balance	Woolaston Memorial Hall	Active Wellbeing FoDDC 01594 812447
11:00-11:45	Arthritis Class	Freedom Leisure, Lydney	Freedom Leisure 01594 842383
12:30-13:30	Tai Chi for Health & Wellbeing	Ruspidge Memorial Hall	Active Wellbeing FoDDC 01594 812447
15:30-16:30	Falls Prevention (PSI) 20 WEEK COURSE	Cinderford TBC	Active Wellbeing FoDDC 01594 812447
External provider classes – contact provider directly			
11:00-12:15	Movement to Music	West Dean Centre, Bream	Rikki Sheppard 07769 658298
14:00-15:00	Active Balance	Corse & Staunton Village Hall	Jo Anne Hale 07817 851214 zest.forlife@yahoo.co.uk

Tuesdays

Time	Class	Place	Contact
FoDDC Classes			
10:00-11:00	Pilates	Broadwell Memorial Hall	Active Wellbeing FoDDC 01594 812447
11:30-12:30	Active Balance	Broadwell Memorial Hall	Active Wellbeing FoDDC 01594 812447
11:30-12:30	Cancer Rehab	Freedom Leisure Lydney	Freedom Leisure 01594 842383
13:30-14:30	Active Balance	Lydney Community Centre	Active Wellbeing FoDDC 01594 812447
External Provider classes			
10:30-11:30	Wellbeing Circuits	Yorkley Community Centre	Frazer Montague Fitness 07765 213127
12:00-13:00	Active Balance/Extend	Blakeney Village Hall	Sue Davies 07938 986983
12:00-13:00	Tai Chi	Lydney Community Centre	Active Wellbeing FoDDC 01594 812447

Wednesdays

Time	Class	Place	Contact
FoDDC Classes			
10:00-11:00	Active Balance	Drybrook Rugby Club	Active Wellbeing FoDDC 01594 812447
11:30-12:30	Active Balance	Drybrook Rugby Club	Active Wellbeing FoDDC 01594 812447
10:30-11:30	Kickstart	Freedom Leisure, Lydney	Active Wellbeing FoDDC 01594 812447
13:00-14:00	Kickstart	Cinderford Rugby Club	Active Wellbeing FoDDC 01594 812447
External Provider classes			
10:00-11:00	Wellbeing Circuits	Mitcheldean Community Centre	Frazer Montague Fitness 07765 213127
10:00-11:00	Active Balance	Hartpury Village Hall	Toni Vassiloudi 07803 345702
11:30-12:30	Wellbeing Circuits 2	Mitcheldean Community Centre	Frazer Montague Fitness 07765 213127
10:30-11:30	Dance & Connect	Alvington Memorial Hall	Rikki Sheppard 07769 658298

Thursdays

Time	Class	Place	Contact
External Provider classes			
14:00-15:00	Move & Connect	St James' Church Hall, Bream	Rikki Sheppard 07769 658298
14:00-15:00	Breathe in Sing Out	Lydney Community Centre	Mindsong 01684 273656 / 07989 936270 admin@mindsong.org.uk

Fridays

Time	Class	Place	Contact
External Provider classes			
10:00-11:00	Wellbeing Circuits	Blakeney Village Hall	Frazer Montague Fitness 07765 213127
11:15-12:15	Gentle Tai Chi for Active Balance	Corse & Staunton Village Hall	Toni Vassiloudis 07803 345702
13:00-14:00	Active Balance	Newent Memorial Hall	Toni Vassiloudis 07803 345702
14:15-15:15	Active Balance Plus	Newent Memorial Hall	Toni Vassiloudis 07803 345702

Healthy Lifestyles Gloucestershire

Free health & wellbeing support programmes. Contact 08007 555533 - <https://hlsglos.org/>

Activity	Day & time	Venue
Smoking Cessation Clinic	Fridays 9-12pm, 1-4pm	Main Place, Old Station Way, Coleford, GL16 8RH
Quit Together Drop-in	Mondays 10am to 1pm (fortnightly)	Forest Community Space, Ow Bist, Dockham Road, Cinderford GL14 2AN
Weight Management Group	Mondays 5:30-7pm	The Wesley, 7 Belle Vue Road, Cinderford, GL14 2AA
Pregnancy and Postnatal support (Healthy Beginnings) Weight Management	Fridays 9-11am	River Children and Family Centre, Naas Lane, Lydney, GL15 5AU
Pregnancy and Postnatal support (Healthy Beginnings) Smoking Cessation Clinic	Fridays 11.30-2pm	River Children and Family Centre, Naas Lane, Lydney, GL15 5AU

Sports Clubs – Forest of Dean

N.B. There may be other sports clubs not included here, including darts, badminton, squash etc. If you know of a club who would like to be included, do let us know.

Sport	Club
Football	Cinderford Town FC
	Cinderford Town Youth
	Littledean FC
	Soudley FC
	Harrow Hill AFC
	Lydbrook Athletic
	Mitcheldean FC
	Mitcheldean SC Ladies
	Mitcheldean Sports Club Youth
	Newnham United FC
	Ruardean Hill Rangers
	Ruardean Hill Rangers Youth
	Ruardean United FC
	Bream Amateurs FC
	Broadwell Amateurs FC
	Broadwell Amateurs Youth FC
	Ellwood FC
	Ellwood Ladies FC
	Ellwood Youth FC
	English Bicknor FC
	English Bicknor Youth FC
	Milkwall FC
	Mushet & Coalway FC
	St Briavels FC
	Blakeney FC
	Bream Amateurs FC
	Lydney Town FC
	Lydney Town Juniors
	Lydney Town Youth
	Newnham United AFC
	St Briavels FC
	Viney St Swithins FC
	Westbury United FC
	Whitecroft FC
	Woolaston FC
	Yorkley FC
	Newent and Gorsley Youth FC
	Hartpury University Men FC
	Hartpury University Women FC
	Highnam Youth FC
	Huntley Football Club FC
	Newent Town AFC
	Redmarley and Tibberton United FC
	Redmarley Youth FC
	Staunton and Corse FC
	Tidenham AFC

Sport	Club
Cricket	Cinderford CC
	Alvington and Woolaston CC
	Bream CC
	Lydney CC
	Newnham on Severn CC
	Parkend CC
	St Briavels CC
	Westbury-on-Severn CC
	Newnham on Severn CC
	Ruardean Hill CC
	Aston Ingham CC
	Corse and Staunton CC
	Dymock CC
	Huntley CC
	Newent CC
Tennis	Freedom Leisure
	Lydney TC
	Redmarley TC
	Taynton & Tibberton TC
Bowls	Cinderford BC
	Coleford BC
	Lydney BC
Rugby	Cinderford RFC
	Westbury-on-Severn RFC
	Bream RFC
	Berry Hill RFC
	Drybrook RFC
	Lydney RFC
	Westbury-on-Severn RFC
	Hartpury University RFC
	Newent RFC
	Lydney Hockey Club
	Hartpury University Hockey Club
	Newent Hockey Club
Swimming	Forest of Dean Swimming Club
	Freedom Leisure
	Barefoot and Bower, Taynton
	Court Farm Lakes, Woolaston
	Etloe Farm Pool
	Whitemead Forest Park

Other Active Wellbeing activities

N.B. This information may be subject to change. There may also be other activities running, which are not listed here - we welcome providers to contact us, if they would like to be added.

Cinderford area

Activity	Venue	Day & time	Provider/Contact
<u>Adult Aerial (Circus Skills Classes)</u>	The New Mercury, 3 Woodside Street, Cinderford, GL14 2NL	Tuesdays 11:15am - 12:45pm (Term Time only)	Artspace Cinderford 01594 825111
<u>Adult Aerial (Circus Skills Classes)</u>	The New Mercury, 3 Woodside Street, Cinderford, GL14 2NL	Tuesdays 11:15am - 12:45pm (Term Time only)	Artspace Cinderford 01594 825111
<u>Aerial for beginners (8+)</u>	The New Mercury, 3 Woodside Street, Cinderford, GL14 2NL	Fridays 4:15pm-5:45pm	Artspace Cinderford 01594 825111
<u>Back Care Pilates</u>	Newnham Club, High Street, Newnham GL14 1BS	Friday 11:30-12:30pm	Pilates with Esther 07711 832042
Balance and Posture 60+	Lea Village Hall, Lea, Ross on Wye, HR9 7JY	Thursdays 11:45am	07875 751890
<u>Balance Class</u>	Forest Sensory Services, Valley Road, Cinderford, GL14 2LJ	Monday 14:15 to 15:15	Forest Sensory Services 01594 827711
<u>Boxercise</u>	Ruardean Woodside Memorial Hall, Forest Road, Ruardean Woodside	Tuesday 7:30 - 8:30pm	HTH Kettlebells FoD 07815 994767
<u>Chair yoga</u>	Studio No 4, Hollyhill Road, Forest Vale Industrial Estate, GL14 2YB	Monday 12pm	Samprati 07973 421711
<u>Dance Fitness - Low impact</u>	Westbury-on-Severn Parish Hall, Rodley Road, Westbury on Severn, GL14 1PF	Thursday 9:30-10:30am	Suki Dance Fitness with Kim Contact via Facebook
<u>Dance Fitness / Adult Tap</u>	Cinderford Rugby Club, Dockham Rd, Cinderford GL14 2AQ	Monday 6:10-7:10pm 7:15-8:15pm Tuesday 6-7pm Friday 9:30-10:30am	Suki Dance Fitness with Kim Contact via Facebook
<u>FoD Community Walks</u>	Various	Various	07881 338476
<u>Football</u>	Forest and Wye Community Church, 2 Parragate Road, GL14 2LY	Wednesdays 8-9pm	Forest and Wye Community Church connect@fcchurch.co.uk
Forest Footy / 5-a-side	The Forest High School, Causeway Road, Cinderford GL14 2AZ	Mondays 7:45pm	forest.footy@outlook.com
<u>Hatha Yoga</u>	Mitcheldean Community Centre, 1 Townsend, Mitcheldean, GL17 0BE.	Wednesday 18:15-19:15pm	Helen Amindfullyoga Contact via Facebook
<u>Inclusive Cycling</u>	Forest of Dean Cycle Centre, New Road, Lydney, GL16 7EH	Every other Wednesday 10:30 – 13:00	Goals Beyond Grass 07907 113145 info@goalsbeyondgrass.co.uk

Cinderford area

Activity	Venue	Day & time	Provider/Contact
<u>Kettlercise Meltdown</u>	Ruardean Woodside Memorial Hall, Forest Road, Ruardean Woodside	Thursday 7:30 - 8:15pm	HTH Kettlebells FoD 07815 994767
<u>Kettlercise Upper body</u>	Ruardean Woodside Memorial Hall, Forest Road, Ruardean Woodside	Tuesday 6:30-7:15	HTH Kettlebells FoD 07815 994767
<u>Legs, Bums and Tums</u>	Studio No 4, Hollyhill Road, Forest Vale Industrial Estate, GL14 2YB	Tuesday 6-6:55pm	Samprati 07973 421711
<u>Line Dancing</u>	The Miners Hall, Cinderford	Wednesday 7-8pm	Samprati 07973 421711
<u>Line Dancing</u>	Studio No 4, Hollyhill Road, Forest Vale Industrial Estate, GL14 2YB	Thursday 11:30-12:30pm	Samprati 07973 421711
<u>New to fitness ladies only SPIN</u>	Studio No 4, Hollyhill Road, Forest Vale Industrial Estate, GL14 2YB	Monday 6:20pm	Samprati 07973 421711
<u>Pilates</u>	Ruspidge Memorial Hall	Tuesday 1:30 – 2:30pm	Pilates with Simone
<u>Pilates</u>	Studio No 4, Hollyhill Road, Forest Vale Industrial Estate, GL14 2YB	Tuesday 7-8pm Saturday 10:10am	Samprati 07973 421711
<u>Pilates</u>	The Pludds Village Hall, Ash Dene Road, The Pludds, GL17 9UQ	Sundays 7-8 pm Mondays 10-11am	Pearla Pilates hello@pearlapilates.com
<u>Pilates and Mobility for beginners</u>	Dene Magna School, Abenhall Road, Mitcheldean, GL17 0DU	Tuesday 7:15-8pm	Pilates with Esther 07711 832042
<u>Pilates Balance and Stretch</u>	Armoury Hall, Dean Road, Newnham, GL14 1AD	Monday 10:30-11:30	Pilates with Esther 07711 832042
<u>Pilates Balance and Stretch</u>	Armoury Hall, Dean Road, Newnham, GL14 1AD	Monday 10:30-11:30	Pilates with Esther 07711 832042
<u>Pilates Posture</u>	Armoury Hall, Dean Road, Newnham, GL14 1AD	Monday 9:30-10:15	Pilates with Esther 07711 832042
<u>Relax and Yoga</u>	Studio No 4, Hollyhill Road, Forest Vale Industrial Estate, Cinderford, GL14 2YB	Monday 7:05pm Friday 9:45am	Samprati 07973 421711
Short Mat Bowls	Mitcheldean Community Centre, 1 Townsend, Mitcheldean, GL17 0BE.	Monday 14:00-16:30	01594 826234 / 01594 554612
<u>Strength and Conditioning</u>	Studio No 4, Hollyhill Road, Forest Vale Industrial Estate, GL14 2YB	Saturday 11:15am	Samprati 07973 421711
<u>Trigger Point Pilates</u>	Dene Magna School, Abenhall Road, Mitcheldean, GL17 0DU	Tuesday 6-7pm	Pilates with Esther 07711 832042
<u>White Lotus Tai Chi</u>	Soudley Village Hall, Lower Road, Cinderford GL14 2TZ	Thursday 9:30-10:30am	Forest Fighting Fit 07790 025743
<u>Wilde Earth Journeys Walks</u>	Various – Cinderford area	Tuesdays 10am to 12pm	Wilde Earth Journeys Contact via website form

Cinderford area

Activity	Venue	Day & time	Provider/Contact
<u>Yoga</u>	The Pludds Village Hall, Ash Dene Road, The Pludds, GL17 9UQ	Tuesdays 6.30-8pm	Yoga with Aileen Contact via Facebook
<u>Yoga</u>	The Wesley Hall, 7 Belle Vue Road, Cinderford GL14 2AA	Tuesday 10-11 am	Yoga with Heather 07753 419702
<u>Yoga</u>	Soudley Village Hall, Lower Road, Cinderford GL14 2TZ	Monday 6-7pm	Yoga with Heather 07753 419702
<u>Yoga</u>	Ruardean Village Memorial Hall, High Steet, Ruardean GL17 9US	Friday 6-7pm	Soul Connection Yoga connect@soulconnectionyoga.com
<u>Yoga</u> <u>Trapeze</u>	Studio No 4, Hollyhill Road, Forest Vale Industrial Estate, GL14 2YB	Thursday 7pm Monday 10:15am Saturday 9am	Samprati 07973 421711

Coleford area

Activity	Venue	Day & time	Provider/Contact
<u>Barre Fitness</u>	Broadwell Memorial Hall, North Road, Broadwell, GL16 7BG	Tuesdays 8pm	LVC Fitness 07909 755222
<u>Be Strong Fit</u>	Staunton Village Hall, Staunton, GL16 8NX	Tuesday 6:15pm	Debra Elsmore 07958 324420
<u>Be Strong Function</u>	Staunton Village Hall, Staunton, GL16 8NX	Tuesday 5:30pm	Debra Elsmore 07958 324420
<u>Bounce Fitness</u>	'The Hut', Berry Hill Memorial Institute, Park Road, Berry Hill, GL16 7QU.	Wednesday 6.30-7.30	07748 456452 see Berry Hill Hut Facebook page
<u>Bowling</u>	Royal Forest of Dean Bowling Club, Bells Hotel and Country Club, Lord's Hill, Coleford GL16 8BE	Wednesday 6pm	07990 012808
<u>Broadway Boogie/Dance Fitness</u>	Broadwell Memorial Hall, North Road, Broadwell, GL16 7BG	Thursday 7pm	LVC Fitness 07909 755222
<u>Broadway Boogie/Dance Fitness</u>	The Evergreen Hall, Church Walk, Broadwell, GL16 7BN	Monday 10am	LVC Fitness 07909 755222
<u>Chair based Mindful Movement – Yoga, Pilates & Functional Strength</u>	'The Hut', Berry Hill Memorial Institute, Park Road, Berry Hill, GL16 7QU. The Clubhouse, Milestone Walk, Sling, Coleford, GL16 8JP.	Monday 2-3pm Thursday 9:30-10:30am	Samprati 07973 421711
<u>Chen Style Tai Chi & Chi Gong</u>	Broadwell Memorial Hall, North Road, Broadwell, GL16 7BG	Wednesday 7:00 pm	Forest of Dean Tai Chi Chaun 07791 738668
<u>Dance Exercise Class</u> (for people with life limiting condition)	Great Oaks Hospice, The Gorse, Coleford, GL16 8QE	Tuesday 1:30 – 2:30 pm	Great Oaks Hospice 01594 811910

Coleford area

Activity	Venue	Day & time	Provider/Contact
<u>Fishing at Noxon Farm</u>	Noxon Farm, Bream Avenue, Coleford, Coleford GL15 6QR	Various	Noxon Farm 01594 562236 / 07539179265
<u>Fit4Tap</u>	The Evergreen Hall, Church Walk, Broadwell, GL16 7BN	Tuesdays 10am Term time only	LVC Fitness 07909 755222
<u>Fitness Pilates</u>	Broadwell Memorial Hall, North Road, Broadwell, GL16 7BG	Wednesdays 11am Thursdays 8pm	LVC Fitness 07909 755222
<u>Fitness Pilates</u>	The Evergreen Hall, Church Walk, Broadwell, GL16 7BN	Mondays 11am	LVC Fitness 07909 755222
<u>Fitsteps</u>	Broadwell Memorial Hall, North Road, Broadwell, GL16 7BG	Tuesdays 7pm Wednesdays 10am	LVC Fitness 07909 755222
<u>FoD Community Walks</u>	Various	Various	FoD Community Walks 07881 338476
<u>Forest Fit Mum</u>	Beechenhurst, Speech House Road, Coleford, GL16 7EL	Thursday 9:30-10:30am	EB-W Fitness 07817 420877
<u>Hydro Pool</u> (for people with life limiting condition)	Orchard Trust Hydrotherapy Pool, Upper Stowfield, Lydbrook, GL17 9PD	Contact for more info	Orchard Trust 01594 861137
<u>Inclusive Cycling</u>	Forest of Dean Cycle Centre, New Road, Lydney, GL16 7EH	Every other Wednesday 10:30 – 13:00	Goals Beyond Grass 07907 113145 info@goalsbeyondgrass.co.uk
<u>Indoor Bowls</u>	'The Hut', Berry Hill Memorial Institute, Park Road, Berry Hill, GL16 7QU.	Tuesday 2-3:30pm	07748 456452 See Berry Hill Hut Facebook page
<u>Junior Tae Kwon-Do</u>	'The Hut', Berry Hill Memorial Institute, Park Road, Berry Hill, GL16 7QU.	Tuesday 6-7 pm	Coleford Taekwondo 07577 414528
<u>Men's Group</u> (for people with life limiting condition)	Great Oaks Hospice, The Gorse, Coleford, GL16 8QE	Wednesday 2-4pm	Great Oaks Hospice 01594 811910
<u>Menobalance</u>	Clearwell Memorial Hall, High St, Clearwell, GL16 8JS	Monday 7pm	Debra Elsmore 07958 324420
<u>Panache Fitness</u>	'The Hut', Berry Hill Memorial Institute, Park Road, Berry Hill, GL16 7QU.	Tuesday 7:30-8:30pm	Panache Dance Fitness with Laura Contact via Facebook
<u>Park Run/Park Walk</u>	Coverham Enclosure, Five Acres, Coleford, GL16 7QX	Saturday 9:00am	Park Run Forest of Dean forestofdean@parkrun.com
<u>Pedal 4 Parkinsons</u>	Great Oaks Hospice, The Gorse, Coleford, GL16 8QE	Wednesday 2-3pm	Great Oaks Hospice 01594 811910
<u>Pilates</u>	English Bicknor Village Hall, Ross Road, English Bicknor, GL16 7PA.	Mondays 1:30-2:30pm	Pearla Pilates hello@pearlapilates.com
<u>Pilates Flow</u>	Staunton Village Hall, Staunton, GL16 8NX	Thursday 7:30pm	Debra Elsmore 07958 324420
<u>Pilates Flow</u>	Clearwell Memorial Hall, High St, Clearwell, GL16 8JS	Wednesday 7pm	Debra Elsmore 07958 324420
<u>Red Hot Chilli Steppers</u>	Various locations (see Facebook Page)	Tuesdays & Thursdays – 6:15pm	Red Hot Chilli Steppers Contact via Facebook

Coleford area

Activity	Venue	Day & time	Provider/Contact
<u>Silver Swans Ballet</u>	The Evergreen Hall, Church Walk, Broadwell, GL16 7BN	Tuesdays 11am Term time only	LVC Fitness 07909 755222
<u>Strength Training</u>	Broadwell Memorial Hall, North Road, Broadwell, GL16 7BG	Thursdays 7pm	LVC Fitness 07909 755222
<u>Table Tennis</u>	'The Hut', Berry Hill Memorial Institute, Park Road, Berry Hill, GL16 7QU.	Thursday 7-10pm	07748 456452 See Berry Hill Hut Facebook page
<u>Table Tennis</u>	English Bicknor Village Hall, Ross Road, English Bicknor, GL16 7PA.	Tuesday 7-9pm	07970 748670
<u>Tai Chi/ Qi Gong</u>	St Margaret Mary Church, 4 High Nash, Coleford, GL16 8HN	Wednesday 10-11am	Severn Sun 07786 489666 / 07872 161736
<u>Yoga</u> (for people with life limiting condition)	Great Oaks Hospice, The Gorse, Coleford, GL16 8QE	Thursday 6-7:15pm	Great Oaks Hospice 01594 811910
<u>Yoga</u>	'The Hut', Berry Hill Memorial Institute, Park Road, Berry Hill, GL16 7QU.	Thursday 2:30-3:30pm and 4:15 - 5:45pm	07748 456452
<u>Yoga</u>	Lydbrook Memorial Hall, Church Hill, Lydbrook, GL17 9SW	Tuesday 6:30pm	Soul Connection Yoga connect@soulconnectionyoga.com

Lydney area

Activity	Venue	Day & time	Provider/Contact
<u>Boogie Bounce Fitt Xtreme</u>	Whitecroft Memorial Hall, New Road, Whitecroft, GL15 4PA.	Mon & Thurs 6:30-7:30pm	Boogie Bounce Fitt Xtreme Contact via Facebook
<u>Chair Yoga</u>	Lydney Community Centre, Naas Lane, Lydney	Monday 2pm	Freedom Yoga and Relaxation 07789 893467
<u>Court Farm Lakes</u>	Main Road, Lydney GL15 6PJ	Wed-Sun	Court Farm Lakes 07359 791101
Discocise	Aylburton Village Hall, 81 High Steet, Aylburton, GL15 6DE	Friday 6:30-7:30pm	Anna 07495 793770
<u>FoD Community Walks</u>	Various	Various	FoD Community Walks 07881 338476
<u>Forest Boxing Club</u>	Yorkley Community Centre, 2 Bailey Cottages Bailey Hill, Lydney, GL15 4RS	Monday 8-9pm Wednesday 7:45-8:45pm	Forest Boxing Club Contact via Facebook
<u>Forest Fighting Fit</u>	Unit 1, Brookside, New Road, Parkend, GL15 4JA.	Various	Forest Fighting Fit 07790 025743
<u>Forever Fit Class</u>	Freedom Leisure, Church Road, Lydney, GL15 5DZ	Thursday 11:30am	Freedom Leisure 01594 842383
<u>Gardening</u>	Behind Yorkely Health Centre, Bailey Hill, GL15 4RS	Various	Yorkley Village Garden Contact via Facebook

Lydney area

Activity	Venue	Day & time	Provider/Contact
<u>Inclusive Cycling</u>	Forest of Dean Cycle Centre, New Road, Lydney, GL16 7EH	Every other Wednesday 10:30 – 13:00	Goals Beyond Grass 07907 113145 info@goalsbeyondgrass.co.uk
<u>Lydney Boxing Club</u>	Regent Hall, Bath Place, Lydney, GL15 5RR	Various	Lydney Boxing Club 07525 703979
<u>Menobalance</u>	Whitecroft Memorial Hall, New Road, Whitecroft, GL15 4PA.	Thursday 10:00am	Debra Elsmore 07958 324420
<u>Park Run/Park Walk</u>	Lydney Boating Lake, Lakeside Gardens, Lydney, GL15 5RH	Saturday 9:00am	Park Run Lydney lydney@parkrun.com
Party Fit Mega Mix	Yorkley Community Centre, 2 Bailey Cottages Bailey Hill, Lydney, GL15 4RS	Mondays 7:40-8:40pm	07500 110761
Pilates	Yorkley Community Centre, 2 Bailey Cottages Bailey Hill, Lydney, GL15 4RS	Mondays 9-10am Wednesdays 9-10am	Anne-Marie Murray annemarie.murray@hotmail.co.uk
<u>Pilates Flow</u>	Whitecroft Memorial Hall, New Road, Whitecroft, GL15 4PA.	Tuesday 9:45am Wednesday 10:00 am Thursday 5:45 pm	Debra Elsmore 07958 324420
Short Mat Bowls	Yorkley Community Centre, 2 Bailey Cottages Bailey Hill, Lydney, GL15 4RS	Tuesday 2-4pm Thursday 6:30pm	Mike (Club Captain) 01594 560229
<u>Tae Kwon-Do</u>	Blakeney Village Hall, Butts Lane & The Smithy, Blakeney GL15 4DW Severnbanks Primary School, Naas Lane, Lydney GL15 5AU	Blakeney: Sundays 4-7pm, Tuesdays 7:15-8pm, Wednesdays 5-7pm Lydney: Tuesdays and Thursdays 5-7pm	Blakeney & Lydney Tae Kwon-Do. TAGB 07527 185265
<u>Tai Chi/Qi Gong</u>	Blakeney Village Hall, Butts Lane & The Smithy, Blakeney GL15 4DW	Thursday 7-8pm	Severn Sun 07786 489666 / 01594 827230/ 07872 161736
<u>White Lotus Tai Chi</u>	Unit 1, Brookside, New Road, Parkend, GL15 4JA.	Tuesday 6:30pm	Forest Fighting Fit 07790 025743
<u>White Lotus Tai Chi</u>	Unit 1, Brookside, New Road, Parkend, GL15 4JA.	Tuesday 6:30pm	Forest Fighting Fit 07790 025743
<u>Yoga</u>	Yorkley Community Centre, 2 Bailey Cottages Bailey Hill, Lydney, GL15 4RS	Wednesday 6:15-7:15pm	Soul Connection Yoga connect@soulconnectionyoga.com
<u>Yoga</u>	Yorkley Community Centre, 2 Bailey Cottages Bailey Hill, Lydney, GL15 4RS	Mondays 11- 12:30 Weds 11-12:30 Thursdays 11-12:30	Freedom Yoga and Relaxation 07789 893467
<u>Young at Heart/Over 55's</u>	Freedom Leisure, Church Road, Lydney, GL15 5DZ	Monday 4-5:30pm	Freedom Leisure 01594 842383
<u>Zumba</u>	Parkend Memorial Hall, Parkend, Lydney GL15 4JF	Monday 7:30pm	Wye Valley Zumba 07761 316982
<u>Zumba</u>	Yorkley Community Centre, 2 Bailey Cottages Bailey Hill, Lydney, GL15 4RS	Thursday and Saturday 9:30am	Zumba in Yorkley 07979 001579

Lydney area

Activity	Venue	Day & time	Provider/Contact
Zumba with Natalie	Whitecroft Memorial Hall, New Road, Whitecroft, GL15 4PA.	Tuesday 5:30pm - 6:30pm	Zumba with Natalie 07551 007813

Newent area

Activity	Venue	Day & time	Provider/Contact
<u>Alexander Technique</u>	Hartpury Village Hall, Over Old Road, Hartpury GL19 3BJ	Thursday 4:30-9:30pm	Alexander Technique with Mike McCulloch 07546 594251
<u>Badminton</u>	Hartpury Village Hall, Over Old Road, Hartpury GL19 3BJ	Monday 7-10pm	See Hartpury Village Hall website
<u>Badminton Club</u>	Newent Leisure Centre, Watery Lane, Newent GL18 1PX	Wednesday 7:30-9:30pm	Newent Badminton Club Contact via Facebook
<u>Bettee's Health Suite</u>	27A Broadstreet, Newent, GL18 1AQ	Various	Bettee's Health Suite 07711 095118
<u>Chair Yoga</u>	Taynton and Tibberton Village Hall, Taynton Lane, Taynton, GL19 3AN	Tuesday 10:30-11:15am	Liz Hill Yoga 07973 943123
<u>Coffee Morning and Pauntley Walk</u>	Pauntley Village Hall, Brand Green Road, Brand Green, Pauntley	Friday 10am-12	See Pauntley Village Hall website
<u>Dance Fit</u>	Taynton and Tibberton Village Hall, Taynton Lane, Taynton, GL19 3AN	Thursday 9:30-10:30am	Annet Richard-Binns 01452 311910
<u>FoD Community Walks</u>	Various	Various	FoD Community Walks 07881 338476
<u>Gardening Club</u>	Newent Memorial Hall, Bury Bar Lane, Newent, GL18 1PT	3rd Thursday of the month 7:30pm	Newent Gardening Club 07419 929 407
<u>Health Walks</u>	Hartpury Village Hall, Over Old Road, Hartpury GL19 3BJ	Wed 10am	Walking for Health 01452 700707
<u>Move and Improve/Falls Prevention Class</u>	Gorsley Village Hall, Quarry Lane, Gorsley, HR9 7SJ	Monday 10-10:45am	Teach Fitness 07709 264434
Newent Strollers	Lewell Street Car Park, Newent, GL18 1AR	Wednesday	Newent Strollers 01531 820895
Newent Walkers	Car Park behind The Good News Centre, High Street, Newent, GL18 1AN	Alternate Sundays 10am or 2pm	Newent Walkers 01531 820151
<u>Nurturcise Flexibility Exercise</u>	Upleadon Village Hall, Gloucester Road, Upleadon, GL18 1EJ	Thursday 9-9:45am 10-10:45am	Heartstar Wholebeing 07518 587434
<u>Park Run/Park Walk</u>	Newent Community School, Watery Lane, Newent GL18 1QF	Every Saturday 9am	Park Run Newent newent@parkrun.com

Newent area

Activity	Venue	Day & time	Provider/Contact
<u>Pilates</u>	Hartpury Village Hall, Over Old Road, Hartpury GL19 3BJ	Monday 12-2pm	Pilates with Sam hello@pilates-withsam.co.uk
<u>Pilates</u>	Pauntley Village Hall, Brand Green Road, Brand Green, Pauntley	Monday 6pm and Thursday 6pm	Pilates with Sam hello@pilates-withsam.co.uk
<u>Pilates</u>	Dymock Parish Hall, Ledbury Rd, Dymock, GL18 2DA	Tuesday morning	Pilates with Claire 07557 349311
<u>Pilates</u>	Rudford and Highleadon Village Hall, Buttermilk Lane, Highleadon, GL2 8DY	Tuesday 9:30am, 10:45am, 6pm and 7:15pm	Pilates with Sam hello@pilates-withsam.co.uk
<u>Pregnancy Yoga</u>	Chamber 22, 22 Broad Street, Newent, GL18 1AJ	Thursday 6-7pm	Jo Ormond Yoga hello@joormond.com
<u>Senior Strong Exercise class</u>	Highnam Community Centre, Higham Cottage, Newent Road, Highnam, GL2 8DG	Tuesday 1.30-2pm	Health Life Fitness 07306 334222
<u>Short Mat Bowls</u>	Hartpury Village Hall, Over Old Road, Hartpury GL19 3BJ	Friday 2-4pm	See Hartpury Village Hall website
<u>Social Tennis</u>	Taynton and Tibberton Village Hall, Taynton Lane, Taynton, GL19 3AN	Wednesday 8-12 Friday 8-12 Sunday 8-12	See Taynton Tibberton Village Hall website
<u>Sweaty Mama Strength</u>	Chamber 22, 22 Broad Street, Newent, GL18 1AJ	Wednesday 10-11am	See Chamber 22 website
<u>Yoga</u>	Chamber 22, 22 Broad Street, Newent, GL18 1AJ	Tuesday 6pm, Thursday 7:15pm, Friday 9:30am	Nick Timney Wellbeing hello@nikkitimneyyoga.co.uk
<u>Yoga</u>	Hartpury Village Hall, Over Old Road, Hartpury GL19 3BJ	Monday 9:30-11:30am	Tammy Ewin 07986 885126
<u>Yoga</u>	Pauntley Village Hall, Brand Green Road, Brand Green, Pauntley	Friday 5-6pm	Trinity Tree Yoga 07415 507266
<u>Yoga</u>	Taynton and Tibberton Village Hall, Taynton Lane, Taynton, GL19 3AN	Monday 9:30-10:30am	Living Well Chiropractic 07572 988375
<u>Zumba</u>	Redmarley Village Hall, The Causeway, Redmarley, GL19 3HS	Friday 9:15am High intensity Friday 10:15am Low intensity	Sylvia Marie Malone sylvia.zumba@hotmail.co.uk

Sedbury area

Activity	Venue	Day & time	Provider/Contact
<u>Chepstow Boxing Club</u>	Drill Hall, Lower Church Street, Chepstow, NP16 5HJ	Various	Chepstow Boxing Club Contact via Facebook
<u>Chepstow Taekwon-do</u>	Chepstow Rugby Club, Burnt Barn Road, Chepstow, NP16 5NW	Various	Chepstow Taekwon-do 07590 847662

Sedbury area

Activity	Venue	Day & time	Provider/Contact
<u>FoD Community Walks</u>	Various	Various	FoD Community Walks 07881 338476
<u>Gentle Active Games</u>	Sedbury Space	2nd Wednesday of the month 2.00-3.30 pm	07522 178639
<u>Line Dancing</u>	Sedbury and Beachley Village Hall, King Alfreds Road, Sedbury, NP16 7AQ	Thursdays 7-9pm	See Sedbury Village Hall website
<u>MonLife Classes</u>	Various	Various	Chepstow Leisure Centre 01633 644800
<u>Movement to Music / Gentle Exercise</u>	Sedbury and Beachley Village Hall, King Alfreds Road, Sedbury, NP16 7AQ	Mondays 1-4 pm	See Sedbury Village Hall website
<u>Zumba</u>	Chepstow Leisure Centre, Welsh Steet, Chepstow, NP16 5LX	Fridays 10:30 a.m.	Chepstow Leisure Centre <u>01633 644800</u>

Community Transport



Cinderford, Coleford and Lydney

Lydney Dial-a-Ride – accessible transport, including transport to shops and a voluntary car service for medical appointments. 01594 843809 - dar@lydneydialaride.co.uk . Best to book at least a day ahead. Need to become a member.

The Robin – bookable bus service covering South Forest of Dean. Offered at times that there is no other service available. Call 0345 2638139 or book via the website here:

<https://start.gloucestercountycouncil.padam.io/bookings/login>

Lydcare - operate in Lydbrook and surrounding area including - Ruardean, Drybrook, Mitcheldean, Cinderford, Coleford, English Bicknor, Berry Hill. Drivers happy to travel to Bristol, Oxford, Gloucester, Cheltenham and Birmingham hospitals and will wait until ready to travel back home. Call Edna on 01594 544414.

Bream Voluntary Car Service - transport to medical appointments: 01594 560257.



Newent

The Daffodil Line - community led bus service connecting Ross-on-Wye, Newent and Ledbury and surrounding villages and countryside: <https://daffodilline.co.uk/daffodil-line-timetable/> .

Newent Community Bus stops and picks up on request: <https://sheppardhouse.co.uk/community-transport/> . Covers North Forest area and most surrounding villages and towns and operates between 9am and 5pm Monday to Friday except Bank Holidays. No upper or lower age limits and accessible for people with limited mobility.

Newent Community Link Service (Newent Dial-a-Ride) operates like an ordinary bus service. 01531 821227 / transport2@newentbb.co.uk .



Sedbury

Grass Routes Community Transport – flexible bus service, makes trips on request – scheduled routes between Monmouthshire towns. Call 0800 085 8015 between 24 – 48 hours in advance, to book journey. www.monmouthshire.gov.uk/buses-trains/grass-routes-community-transport/

Bridges Community Car Scheme – voluntary car service for help to get to local shops, activities and appointments. Fixed rate fee per mile. Call 01600 887568. <https://bridgescentre.org.uk/car-scheme/>

Sedbury and Beachley Community Transport Scheme - 9-seater electric vehicle for activities in and around the Parish of Tidenham. Requires registration of a designated driver.

<https://hallbookingonline.com/sedbury/index.php>

Public Transport

Cinderford	<u>746 Route Timetable</u> Cinderford – Steam Mills – Nailbridge – Ruardean Hill – Ruardean Woodside – Crooked End – Ruardean <u>24 Bus Route Timetable</u> Coleford – Christchurch – Broadwell – Cinderford – Drybrook – Mitcheldean – Huntley - Churcham – Gloucester <u>22/23 Bus Route Timetable</u> Gloucester – Minsterworth – Westbury-on-Severn – Littledean – Cinderford – Ruardean – Worrall Hill – Broadwell – Coleford <i>Find more information on Stagecoach website</i>
Coleford	<u>24 Bus Route Timetable</u> Coleford – Christchurch – Broadwell – Cinderford – Drybrook – Mitcheldean – Huntley - Churcham – Gloucester <u>22/23 Bus Route Timetable</u> Coleford – Lydney – Gloucester <i>Find more information on Stagecoach website</i>
Lydney	<u>22/23 Bus Route Timetable</u> Cinderford – Ruardean – Coleford – Milkwall – Bream – Whitecroft – Lydney – Blakeney – Newnham – Westbury – Minsterworth – Gloucester <u>23 Bus Route Timetable</u> Lydney – Milkwall – Coleford – Broadwell – Worrall Hill – Ruardean – Cinderford – Littledean – Westbury – Minsterworth – Gloucester <i>Find more information on Stagecoach website</i>
Newent	<u>32 Bus Route Timetable</u> Gorsley – Newent – Highnam - Gloucester <i>Find more information on Stagecoach website</i>
Sedbury	<u>C4 Bus Route Timetable</u> Chepstow – Sedbury – Beachley <u>72 Bus Route Timetable</u> Chepstow – Tutshill – Alvington – Lydney – Blakeney – Upper Soudley – Cinderford – Harrow-on-the Hill – Gloucestershire College <i>Find more information on Newport Bus website</i>