

# your steps to a healthier life



## Leeds Let's Get Active activity programme October to December 2013

### Aireborough leisure centre

	Swimming	Gym
Mon	1.00 - 2.00pm	
Tues		1.00 - 2.00pm
Wed	1.00 - 2.00pm	
Thurs		1.00 - 2.00pm
Fri	1.00 - 2.00pm	
Sat		1.00 - 2.00pm
Sun	11.30 - 12.30pm	

### Armley leisure centre

	Swimming	Gym
Mon	12:30 - 1:30pm	2.00 - 3.00pm
Tues	12:30 - 1:30pm	2.00 - 3.00pm
Wed	12.00 - 1.00pm	2.00 - 3.00pm
Thurs	12.00 - 1.00pm	2.00 - 3.00pm
Fri	12.00 - 1.00pm	2.00 - 3.00pm
Sat	2.00 - 3.00pm	1.00 - 2.00pm
Sun	12.00 - 1.00pm	1.00 - 2.00pm

### Bramley leisure centre

	Swimming	Gym
Mon		3.00 - 4.00pm
Tues		3.00 - 4.00pm
Wed		3.00 - 4.00pm
Thurs		3.00 - 4.00pm
Fri		3.00 - 4.00pm

### Chippendale leisure centre

	Swimming	Gym
Mon	7.00 - 8.00pm	
Tues	12.45 - 1.30pm	
Wed	8:15 - 9.00pm	
Thurs	7.00 - 8.00pm	
Fri	12.30 - 1.15pm	
Sat	7.45 - 8.45am	
Sun	3.00 - 4.00pm	

### Fearnville leisure centre

	Swimming	Gym
Mon	9.00 - 10.00am	2.00 - 3.00pm
Tues	8.30 - 9.30am	2.00 - 3.00pm
Wed	8.30 - 9.30am	2.00 - 3.00pm
Thurs	3.00 - 3.55pm	2.00 - 3.00pm
Fri	3.00 - 3.55pm	2.00 - 3.00pm
Sat	2.00 - 3.00pm	4.15 - 5.15pm
Sun	3.00 - 4.00pm	4.00 - 5.00pm

### Garforth leisure centre

	Swimming	Gym
Mon		2.00 - 3.00pm
Tues		4.30 - 5.30pm
Wed		2.00 - 3.00pm
Thurs		4.30 - 5.30pm
Fri		2.00 - 3.00pm
Sat		11.00 - 12 noon
Sun		12.00 - 1.00pm

### Holt Park Active

	Swimming	Gym
Mon		1.00 - 2.00pm
Tues	1.30 - 2.30pm	
Wed		1.00 - 2.00pm
Thurs	1.30 - 2.30pm	
Fri		1.00 - 2.00pm
Sat	2.30 - 3.30pm	
Sun		12.00 - 1.00pm

### John Charles Centre for Sport

	Swimming	Gym
Mon	2.00 - 3.00pm	3.00 - 4.00pm
Tues	2.00 - 3.00pm	3.00 - 4.00pm
Wed	2.00 - 3.00pm	3.00 - 4.00pm
Thurs	2.00 - 3.00pm	3.00 - 4.00pm
Fri	2.00 - 3.00pm	3.00 - 4.00pm
Sat	2.30 - 3.30pm	1.30 - 2.30pm
Sun	3.00 - 4.00pm	2.00 - 3.00pm

### John Smeaton leisure centre

	Swimming	Gym
Mon	2.30 - 3.30pm	
Tues		2.30 - 3.30pm
Wed	2.30 - 3.30pm	
Thurs	2.30 - 3.30pm	
Fri		2.30 - 3.30pm
Sat	1.00 - 2.00pm	
Sun		2.30 - 3.30pm

### Kippax leisure centre

	Swimming	Gym
Mon	2.15 - 3.15pm	
Tues	8.15 - 9.15am	
Wed	8.30 - 9.30am	
Thurs	12.15 - 1.15pm	
Fri	6.00 - 7.00pm	
Sat	12.00 - 1.00pm	
Sun	12.45 - 1.45pm	

### Kirkstall leisure centre

	Swimming	Gym
Mon	8.30 - 9.30am	
Tues	8.30 - 9.30am	
Wed	8.30 - 9.30am	
Thurs	8.30 - 9.30am	
Fri	8.30 - 9.30am	
Sat	1.15 - 2.15pm	
Sun	4.00 - 5.00pm	

### Middleton leisure centre

	Fitness*	Rackets
Mon	12.15 - 1.00pm	1.00 - 2.00pm
Tues		1.00 - 3.00pm
Wed	12.15 - 1.00pm	1.00 - 2.00pm
Thurs		2.00 - 4.00pm
Fri	12.15 - 1.00pm	1.00 - 2.00pm
Sat		10.00 - 12 noon
Sun	10.00 - 11.00am	11.00 - 12 noon

### Morley leisure centre

	Swimming	Gym
Mon	2.30 - 3.30pm	
Tues		2.30 - 3.30pm
Wed	2.30 - 3.30pm	
Thurs	2.30 - 3.30pm	
Fri		2.30 - 3.30pm
Sat		2.30 - 3.30pm
Sun	4.00 - 5.00pm	

### Pudsey leisure centre

	Swimming	Gym
Mon		2.00 - 3.00pm
Tues	11.00 - 12 noon	
Wed		2.00 - 3.00pm
Thurs	12.00 - 1.00pm	
Fri		2.00 - 3.00pm
Sat	2.00 - 3.00pm	
Sun		2.00 - 3.00pm

### Rothwell leisure centre

	Swimming	Gym
Mon	1.00 - 2.00pm	
Tues		1.00 - 2.00pm
Wed	12.00 - 1.30pm	
Thurs		1.00 - 2.00pm
Fri	12.30 - 1.30pm	
Sat		1.00 - 2.00pm
Sun	1.15 - 2.15pm	

### Scott Hall leisure centre

	Swimming	Gym
Mon	2.30 - 3.30pm	
Tues		2.30 - 3.30pm
Wed	2.35 - 3.30pm	
Thurs		2.30 - 3.30pm
Fri	2.15 - 3.30pm	
Sat		1.00 - 2.00pm
Sun	11.00 - 11.55am	

### Wetherby leisure centre

	Swimming	Gym
Mon		1.30 - 2.30pm
Tues	2.45 - 3.45pm	
Wed		1.30 - 2.30pm
Thurs	12.30 - 1.30pm	
Fri		1.30 - 2.30pm
Sat	12.45 - 1.45pm	
Sun		1.30 - 2.30pm

### Health Walks

Meanwood - Stainbeck Church	Thurs 10.15 - 11.00am
Woodhouse Moor	Fri 1.30 - 2.15pm
Hunslet Club	Thurs 12.00 - 12.45pm

### Beginners Running

Potternewton Park	check website
New Farnley Park	check website
Cross Flatts Park	check website

### Family Sport Activities

Harehills - Ashton Park	Sat 3.00 - 3.45pm
Burley Park	Sat 10.30 - 11.15am
Middleton Park	Sat 1.30 - 2.15pm

### \* Middleton leisure centre fitness classes

Mon: Circuit Training  
Wed: Zumba  
Fri: Bootcamp  
Sun: 20/20/20 Fitness



Sessions may be subject to change during school holidays

[www.leedsletsgetactive.co.uk](http://www.leedsletsgetactive.co.uk)

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