

YOUR EXCUSE TO CUT LOOSE

THIS
GIRL
CAN

Sign up to the it's a knockout event www.wakefield.gov.uk/pugneysbookings
Receive 2 FREE activity sessions when you show your confirmation email or text to the group leader.
All groups are keen to welcome new participants regardless of ability, and will offer support and encouragement.

Get yourself ready for our Ladies Only It's a Knock Out Event

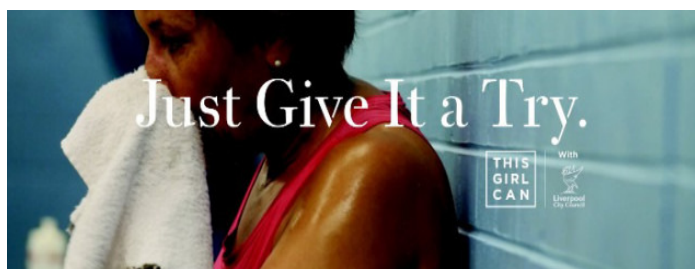
Wakefield Running Mamas
Sunday mornings 9.00 am
@ Sandal Castle
Emma Hardy 07939 100857

Ossett Town Ladies FC
Tuesday 7.00 pm
@ Springmill Fields, Ossett
hello@ossetttownladies.co.uk

Comets
Buggy fit Monday 9.45 am
Meet in lower Holmfield arms carpark, Thornes Park
Beginners-intermediates Running Tuesday 5.30 pm
Meet outside the Trinity Church hall, Ossett.
Running for total beginners Thursday 6.00 pm
Meet at The Cluntergate Centre, Horbury.
cometsfitnessfun@gmail.com
www.cometsrun.co.uk

Wakefield Karate and Martial Arts College
Tuesday - 7.00 to 8.30 pm
Thursday - 7.00 to 8.30 pm
Saturday - 3.00 to 5.00 pm
Sunday - 2.00 to 3.00 pm
@ Wakefield Karate College
WKC House, WF1 2TP
Al Friedle 0771 537 2525
wkcmas@tiscali.co.uk

Wakefield District Cycle Forum
Various rides are available across the district, all are free and most also offer free bike hire.
Sandy Clark 01977 703546
www.cycling-wakefield.org.uk



Hemsworth Ladies FC
Training/keep fit sessions Wednesday 6.30 pm
@ M.D.C. Stadium, WF9 5AJ
Kev 07725125451
hemsworthladiesfc@msn.com

Ossett Rounders Club
Tuesday 6.00 pm
@ Ossett Cricket Club.
Ali Hall 07852533827
ossettroundersclub@gmail.com

Born to Run Netherton
Adult Running group
Tuesday 7.00 pm
Meet @ the Star Inn Car park, Netherton
Lisa Vercelli 07976969574

Bootcamp Wakefield
Outdoor circuit Monday 9.30-10.30am
Bootcamp Tuesday 6.30-7.30 pm
Bootcamp Saturday 9.00-10.00 am
Boxercise Thursday 6.30-7.30 pm
HIIT class Friday 9.30-10.00 am
@ Wrenthorpe sports and social club
www.bootcampwakefield1.com

Gentle Fitness

Wednesday 11.00 am
@ St Catherine's Church, Doncaster Road,
Wakefield
Hazel Sanderson 01924 211130
enquiries@stcatherines-wakefield.org.uk

Castleford RUFC Women

Thursday 5.45 - 7.00 pm
@ Castleford RUFC, Willowbridge Lane, Castleford
Steve Ball 07707927090
stephenball85@live.com

Tigers Trust

Wednesday
Clawercise 4.45 - 5.30 pm
Bootcamp (HIIT) 5.45 - 6.30 pm
@ the Mend-a-hose Jungle Stadium
nataliestanef@castigers.com

2 Free 1 hour Cycle Hire for females

Enjoy hiring a bike at Thornes Park Stadium and
Pugneys Country Park
Hire Times for Summer 2016
Thornes Park Stadium
Monday - Friday 7.15 am - 9.30 pm
Saturday - Sunday 8.30 am - 5.00 pm
Pugneys Country Park
Park opens from 9.00 am until the sun goes down
Thornes 01924 302385
Pugneys 01924 302360

Mums Team

Beginners run 0-5k Tuesday 7.30 pm
@ Hemsworth sandygate
Nostell Priory walk Tuesday 9.30 am
(buggies and pets welcome.)
Cheerleading Friday 10.00 am
@ Lakeside Hemsworth
Kathleen- 07917682962
kathrichards33@gmail.com

Thornes Park Stadium

Every Wednesday in August
Body combat 5.15 pm
Legs Bums Tums 6.00 pm
Step Aerobics 7.00 pm
Bootcamp 7.00 pm
Body Pump 8:15 pm
01924 302385



Kaiju Martial Arts

Ladies ONLY Kickboxing
Tuesday 6.30 - 7.30 pm
Thursday 6.30 - 7.30 pm
@ Unit 4, Russell Street, WF1 5QS.
01924 781157
www.KaijuMartialArts.com
theteam@kaijumartialarts.com

Park Runs

It is a 5km run - it's you against the clock.
Every Saturday 9.00 am.
@ Thornes Park stadium, WF2 8TY.
@ Pontefract Race course
@ Nostell Priory, WF4 1QE
www.parkrun.org.uk

Nordic Walks

Nordic Walking is one of the best cardiovascular and toning exercises there is. It's like cross country skiing without the skis or the snow!

Monday 1.30 pm @ Frickley Country Park, meet at the Car park

Monday 1.30 pm @ Thornes Park stadium, meet at reception

Tuesday 9.30 am @ Castleford Swimming Pool, meet at reception

Tuesday 10.00 am @ Nostell Priory, meet at the top car park

Wednesday 1.45 pm @ Pontefract Park, meet at the playground car park

Thursday 1.30 pm @ Pugneys Country Park, meet at the reception area

Friday 1.00 pm @ Newmillerdam, main car park

Contact the Activators 01924 307811

Or activators@wakefield.gov.uk

Wakefield Autism and Leisure Club

Multi Sports Mondays 6.30pm

Bowling Tuesday 6.30 pm

@ Denhale Arc Recreation Centre

Sessions Available during September.

Sally Balmforth 07415 708007

Get Fit and Boogie

Dynamic Motown, 70's/80's Disco Soul classes

Thursday 7.00 – 8.00 pm

@ the Thornycroft Centre, WF8 4AY.

Diane 07788 936076

diane.gfab@btinternet.com

<http://www.getfitandboogie.co.uk/>

Beginners Running group

Tuesday 4.30 pm

Starts 2nd August

@ Wakefield One, meet at outside Create Cafe

Debbie Hastings

dhastings@wakefield.gov.uk

Body Blast

Tuesday 6.15 pm

@ Outwood Memorial hall

jodiepic@outlook.com

Facebook: [pixie fitness classes](#)

Nage Komi Judo Club

Thursday 6:30 pm

@ Standbridge Lane Community Centre,
Kettlethorpe

Phill 07957607358

phill@judowakefield.co.uk

www.judowakefield.co.uk

Roche Blackbelt Academy

Classes available are Ladies only Boxercise:

Mon 9.30am , Tues 9.30 am & 7.15 pm , Thurs
9.30 am & 7.15 pm , Fri 9.30 am, Saturday
morning 8.40 am

@ Unit 2, Pollard St, Wf3 3hg

Mon & Wed 6.00 pm

@ Wakefield Sports Club, WF1 3RR

Kickboxing classes: Mon, Tues, Thurs,
Fri 6.00 pm & Sat 10.30am

@ Unit 2, Pollard St,

Mon & Weds 4.00 pm

@Wakefield Sports Club

Karate: Weds 6.45 pm , Fri 7.15 pm, Sat 11.45

@ Unit 2, Pollard St,

Mon & Weds 4.00 pm

@ Wakefield Sports Club

Carol Roche07557733918

rocheblackbeltacademy@yahoo.co.uk

How else can I get active?

- Visit Room on the Broom trail at Anglers Country park
- Use the Trim trail around the paths at Thornes Park & Pugneys
 - Visit www.walk4life.info
 - Play out with your family
 - Follow a You Tube activity video