

Physical activity is crucial for overall health and wellbeing, offering numerous benefits, including reducing the risk of chronic diseases, improving mental health, and boosting energy levels.

Our map shows some of the FREE and low cost activities that you could get involved in across the city.

If you want to start doing a little more exercise, get outdoors or keep fit around your busy lifestyle – our coaches can help you to set realistic goals towards a healthier and happier you, starting small and building up as you go, you'll achieve those lasting results.



0800 122 3780
www.hlscoventry.org

Our **FREE to access** coaches can support you to get more active to be healthier and happier

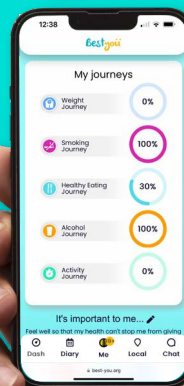


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**Best
you**

For more **FREE** support to improve your health, wellbeing and happiness visit...

Best-You.org



FREE & Low Cost
Physical Activity
in Coventry



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Buggy Workout

Longford Park CV6 6DW

www.picktime.com/BuggyWorkoutCFHLS

Wellbeing Walks CV Lifestyle

AT7 Centre CV6 7GP

cvlifestyles.co.uk/specialist-classes/

FREE Meditation

Friends Meeting House CV1 4AN
07703069881 or 07703069879

Outdoor Yoga

Spencer Park CV5 6NP

www.coventryrocks.co.uk/things-to-do/outdoor-yoga-

Fit Body and Mind Classes Adults Only

St Oswalds Church CV4 9PL

www.coventryrocks.co.uk/things-to-do/fit-body-and-mind

Wellbeing Walks CV Lifestyles

XCEL Leisure Centre, CV4 8DY

02476252500

LOW COST XCEL Leisure Centre

ACTIVITIES CV4 8DY - 07585 126 454

- | | |
|----------------------------|--------------|
| • Walking Netball | £4.00 |
| • 'Gently Does It' (50+) | £2.50 |
| • No Strings Badminton | £4.00 |
| • Bat & Chat (cuppa inc) | £4.00 |
| • One Fit Mama Mums & tots | £7.00 |

Baby steps walking group

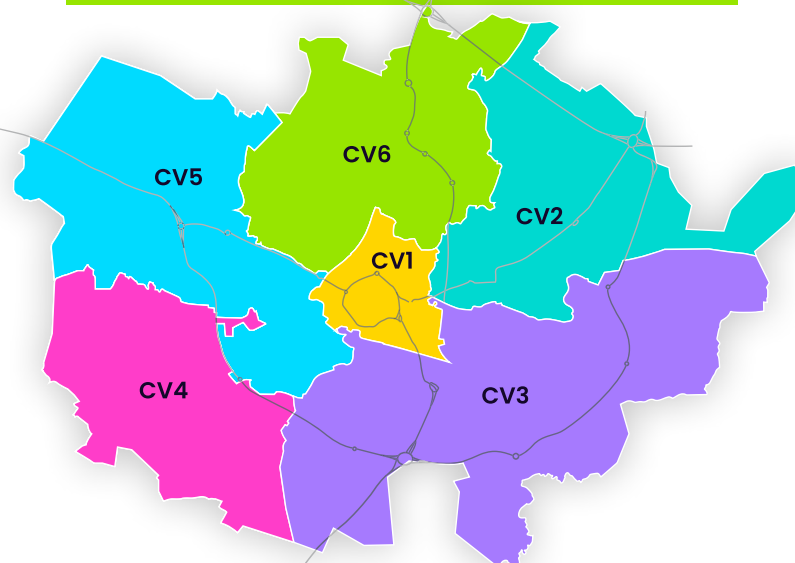
Coombe Abbey CV3 2AB/War Memorial Park CV3 6PT

www.coventryrocks.co.uk/things-to-do/baby-steps-walking-group

LOW COST Warriors World fitness centre

ACTIVITIES CV3 4FG 07855 328450

Fitness classes **£5.00**



Active Families 5-15 yr olds & parents

Stoke community Centre CV2 3QH

beactivebehealthy@swft.nhs.uk

Wellbeing walks CV Lifestyles

Moat house Leisure Centre CV2 1EA

02476252500

Mixed Gender Football Sessions

Moat house Leisure Centre CV2 1EA

Youthworkers@aptitude.org.uk

Active Families 5-14 yr olds & parents

Alan Higgs Sports Centre CV3 1JP

beactivebehealthy@swft.nhs.uk

Buggy Workout War Memorial Park

(White visitors centre) CV3 6PT

07710716930

Mind over Miles running club

War Memorial Park CV3 6PT

www.coventryrocks.co.uk/things-to-do/mind-over-miles

Coventry Park Run

War Memorial Park CV3 6PT

parkrun.org.uk/coventry/

Walking Football

Alan Higgs Sports Centre CV3 1JP

02476308244

All information correct at the time of production