

Area	Class type	Venue	Day	Time
Cherwell	Tai Chi	Bicester Methodist Church Bell Lane, Bicester, OX26 6JQ	Tuesday	3 - 4pm
Cherwell	Zumba Gold	Bicester Health & Wellbeing Centre Launton Road, Bicester, OX26 6DJ	Friday	2 - 3pm
Cherwell	Chair based	Piddington Village Hall Ludgershall Road, Piddington, OX25 1PU	Monday	2-3pm
Cherwell	Gentle Dance to music	Deddington Windmill Centre Hempton Road, Deddington, OX15 0QH	Monday	2-3pm
Cherwell	Chair based	Saxon Court Wessex Way, Bicester, OX26 6AX	Thursday	10.30 – 11.30am
Cherwell	Big, Bold & Balance (Exercise class for people with Parkinson's)	Banbury Methodist Church Marlborough Road, Banbury, OX16 5BZ	Thursday	12 – 1pm
Cherwell	Health Walk (For people with dementia and their carers)	Age UK Oxfordshire Banbury Centre 5 White Lion Walk Banbury OX16 5UD	Friday	11 – 12pm
City	Walking Football	Oxford City Football Club Marsh Lane, Marston, OX3 0NQ	Saturday	10-11am
City	Tai Chi	Risinghurst Community Centre Kiln Lane, Oxford, OX3 8EY	Tuesday	11.15 – 12.15pm
City	Exercise to music	St Nicholas Church Hall Elsfield Road, Marston, Oxford, OX3 0PR	Friday	10-11am
City	Exercise to music	Rose Hill Community Centre The Oval, The Oval, Oxford, OX4 4UY	Thursday	10.15-11.15am
City	Exercise to music	East Oxford Community Centre Princes Street, Oxford, OX4 1DD	Wednesday	11-12noon
City	Gentle exercise to music (Chair based)	East Oxford Community Centre Princes Street, Oxford, OX4 1DD	Monday	2.30 - 3.30pm

City	Gentle exercise to music	West Oxford Community Centre Botley Road, Oxford, OX2 0BT	Tuesday	10.00 -11.00
City	Chair based	Donnington Community Centre Townsend Square, Donnington, OX4 4BB	Tuesday	9.45am- 10.45am
City	Chair based	Northway Community Centre Dora Carr Close, Headington, Oxford OX3 9RF	Tuesday	11.30am- 12.30pm
City	Strength & Balance Exercise Class	Cotteslowe Community Centre 31 Wren Road, Oxford, OX2 7SX (transport available)	Thursday	1.30 – 2.30pm
City	Supported Gym session for people with neurological conditions	OXS RAD Sports & Leisure Centre Court Place Farm, Marsh Lane, Oxford, OX3 0NQ	Wednesday	10 – 12pm
South	Chair based	Henley YMCA 2 Lawson Road, Henley-on-Thames RG9 1NZ	Tuesday	11.15-12.15
South	Active Forever - Over 50s Badminton	Willowbrook Leisure Centre Bowmont Water, off Avon Way, Didcot OX11 7AF	Friday	10.30 - 11.30am
South	Pickleball	Willowbrook Leisure Centre Bowmont Water, off Avon Way, Didcot OX11 7AF	Wednesday	1 - 3pm
South	Walking Football	Willowbrook Leisure Centre Bowmont Water, off Avon Way, Didcot OX11 7AF	Wednesday	11 – 12pm
South	Big, Bold & Balance (Exercise class targeted at people with Parkinson's)	All Saints' Youth and Community Hall Roman Place, Didcot, OX11 7ER	Wednesday	11 – 12pm
South	Tai Chi	Stoke Row Village Hall Main Street, RG9 5QL	Thursday	10 – 11am
South	Tai Chi	Tetsworth Memorial Hall High Street, OX9 7AB	Thursday	10.30 – 11.30am
South	Tai Chi	Garsington Village Hall Oxford Road, OX44 9DA	Tuesday	11.30 – 12.30pm

South	Tai Chi	The Greet Hall Thame Road, Warborough, OX10 7DH	Monday	11 – 12pm
South	Zumba Gold	Masonic Hall Goldsmith's Lane Wallingford OX10 0DU	Thursday	2 – 3pm
Vale	Tai Chi	Trinity Church Abingdon Conduit Road, OX14 1DB	Monday	9.30 - 10.30am
Vale	Chair based	Botley Seacourt Hall, Chapel Way, Botley, Oxford, OX2 9LS	Tuesday	10.30- 11.30am
Vale	Chair based	Radley Village Hall Gooseacre, Radley, Abingdon, OX14 3BL	Monday	10.30 - 11.30am
Vale	Chair based	Marcham Sports And Social Club Morland Road, Marcham, OX13 6BY	Thursday	10.30 - 11.30
Vale	Active Forever, Multi Activity Morning	The Park Club Milton 17 Milton Park, Abingdon, OX14 4RS	Monday	10 - 11.30am
Vale	Chair based	Dean Court Community Centre Oxford, OX2 9DH	Wednesday	9.45 – 10.45am
Vale	Movement & Strength (Exercise class for people with MS)	White Horse Leisure Centre Audlett Drive, Abingdon, OX14 3PJ	Monday	1 – 2pm
Vale	Pickleball	Wantage Leisure Centre Portway Wantage OX12 9BY	Thursday	5.30 – 6.30
Vale	Exercise to Music	Preston Road Community Centre Midget Close Abingdon OX14 5NR	Thursday	10 – 11am
Vale	Chair based	Cumnor United Reformed Church Leys Road Cumnor OX2 9QF	Monday	10 – 11am

West	Tai Chi	North Leigh Memorial Hall Park Road, North Leigh OX29 6SS	Thursday	11-12 noon
West	Tai Chi	WI Hall Brize Norton Road, Carterton, OX18 3HN	Thursday	1-2pm
West	Tai Chi	Witney Library Welch Way, Witney, OX28 6JH	Tuesday	2-3pm
West	Dance and stretch	St Leonard's Hall Thames Street, Eynsham, OX29 4HF	Wednesday	1.30-2.30pm
West	Dance and stretch	Woodstock Town Hall Town Hall, Market Place, Woodstock, OX20 1SL	Wednesday	11.30- 12.30pm
West	Chair based	Freeland Village Hall Wroslyn Road, OX29 8AL	Friday	10-11am
West	Chair based	Eynsham, St Leonard's Hall Thames Street, Eynsham OX29 4HF	Thursday	11.30-12.30
West	Gentle Dance to Music	Middle Barton Village Hall 2 North Street, OX7 7BJ	Monday	10 - 11am
West	Low Impact Aerobics	Enstone Parish Hall The Paddocks, Enstone, OX7 4AZ	Friday	11.00-12.00
West	Low Impact Aerobics	New Beaconsfield Hall Shipton Under Wychwood, Church Path, Station Rd, Chipping Norton, OX7 6BQ	Tuesday	11.30 - 12.30
West	Low Impact Aerobics	Filkins Village Hall Filkins, Lechlade, GL7 3JQ	Wednesday	9.30- 10.30am
West	Low Impact Aerobics	Witney Congregational Church 4 Welch Way, Witney, OX28 6JF	Wednesday	11.30-12.30
West	Low Impact Aerobics	St John the Evangelist Bluebell Way, Carterton, OX18 1JF	Tuesday	9.30 – 10.30
West	Chair based	WI Hall Brize Norton Road, Carterton, OX18 3HN	Tuesday	10.30 -11.30
West	Chair based	Long Hanborough Pavilion Roosevelt Road, Long Hanborough OX8 8JG	Tuesday	9.45- 10.45am
West	Chair based	Chipping Norton Town Hall	Thursday	11 – 12pm

		Chipping Norton, OX7 5NJ	* Every 2 nd & 4 th in a month	
West	Big, Bold & Balance (Exercise class targeted at people with Parkinson's)	St Kenelm's Hall Brize Norton Road Minster Lovell OX29 OSP	Tuesday	10.30 – 11.30pm

For more information please contact Age UK Oxfordshire on 01235 849403 or email generationgames@ageukoxfordshire.org.uk . Please also see the Generation Games website for more information about local classes and activities - www.generationgames.org.uk