



Ways to Wellness

Weekly wellbeing activities

Mondays



Gym

10am-11.30am at the Fitness & Wellbeing Hub, Didcot, OX11 7HR £4

Tuesdays



Karate

10am-11am at T2, Trident Park, Didcot, OX11 7HJ £5

Silent Disco

1.30pm - 2.30pm at Cholsey Pavilion, Cholsey, OX10 9PT £4



Zumba

2.00- 2.45pm at Willowbrook Leisure Centre, Didcot, OX11 7AF £6/£7



Please contact Anita Powell if you'd like to come along to any of these
apowell@styleacre.org.uk or 07760 527 610

**Most activities are open to the wider learning disability community as well as Style Acre but
please check first.**

Wednesdays



11am-12noon, Blewbury Tennis Club, OX11 9HF £3



1.15pm-2pm at Powerhouse Gym, Chinnor RFC, Rectory Pavillion, Thame OX9 3JL FREE



Zumba

1.30pm-2.30pm at SABRe, 5 Butchers Row, Banbury, OX16 5JH £7.50

Fridays



Music & Dance

10.30am-11.15am, Didcot Leisure Centre, Didcot, OX11 8AY £4



Sensory Music & Dance

11.20am-12noon, Didcot Leisure Centre, Didcot, OX11 8AY £4



Football

11.00am-12.00pm, Willowbrook Leisure Centre, Didcot, OX11 7AF, £3



BEAT Fitness (mixed indoors/outdoors activities)

11.30am-12.30pm at SABRe, 5 Butchers Row, Banbury, OX16 5JH FREE



Gardening

11-2, Wantage Market Garden, Charlton Village Road, OX12 7HG FREE

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