

Active Stirling also provide a wide range of other activities which may be of interest to you.

#### The PEAK

A fantastic state of the art facility with a welcoming atmosphere and friendly staff. Listed below are just some of the activities on offer which may be of interest:

Aquacise, Aquajog, Swim gym, Gymnasium, Pilates, Yoga, Bodybalance, Tai chi, Zumba, Curling, Café / bar.

01786 273555

askus@activestirling.org.uk  
www.the-peak-stirling.org.uk

#### Raploch community campus gym & fitness classes

Active Stirling have an excellent, well equipped and welcoming gym facility within the Raploch community campus. We also provide fitness classes such as tai chi, zumba and bums & tums.

01786 272300

askus@activestirling.org.uk



#### Stirling walking network

A variety of local walks led by qualified volunteers, allowing you to get fit and healthy whilst taking in our lovely scenery. For full walking timetables and route information please contact:

Contact Tricia Cumming  
0300 028 0101  
cummingp@activestirling.org.uk  
or go to [activestirling.org.uk](http://activestirling.org.uk)

**Take part in swim fit!**

**PEAK** swimfit

- An easy to follow gym style workout in the pool – anyone can take part!
- Use the swim fit programme to set your swimming and fitness goals
- Available any time during public swimming sessions at The PEAK
- Start with swim fit and get your first swim FREE

**To take part** – Ask to register at The PEAK reception for your **FREE swim fit loyalty card** or for more information go to at [www.swimming.org/swimfit](http://www.swimming.org/swimfit)

Active Stirling is in partnership with other organisations, enabling us to help provide you with access to a healthier lifestyle.

#### NHS at The PEAK

Classes at the NHS studio within The PEAK facility, can be accessed only through a medical referral scheme. This can be done through your local GP or hospital only. Classes available are:

**Healthy hearts** – a programme of gentle exercise for post cardiac rehabilitation.

**Knee clinic** – a class designed to stabilise and strengthen knee injuries.

**Backs into action** – a pain management class for back pain.

#### Keep well Stirling

Can offer health assessments for up to 65 years of age, anyone who is a carer or anyone with a learning disability. Areas covered are Raploch, Culterhove, St Ninians, Cornton and the Eastern Villages. Keep well also provides:

- Holistic health assessments
- Stop smoking support – in groups or 1 to 1 sessions
- Food and nutrition information, cooking classes, healthy eating workshops, budgeting and advice on nutrition

Contact Jackie Turnbull  
01786 849733  
jackie.turnbull1@nhs.net



# 50+ fitness exercise & activities

Tuesday 10 January –  
Friday 30 March 2012



Our 50+ fitness programme has been created specifically for the over 50's to help you feel younger, healthier and more able to enjoy life to the full. It can improve your physical fitness, give you energy and provide you with a great social life. Choose from a wide range of exercise activities to suit your level of fitness and experience – all you have to do is come along and try!

Contact Active Stirling – 0300 028 0101 [activestirling.org.uk](http://activestirling.org.uk)

## 50+ fitness class descriptions

### Aerobics & tone

A low impact easy to follow routine and gentle all over toning exercises.

### Chairobics

A chair based fun exercise routine, giving top to toe results.

### Gentle Exercise

Gentle exercise to music followed by chi gong.

### Pilates

Pilates helps to develop overall body fitness, stretch out muscles, and balance between body and mind.

### Otago

A gentle, easy to follow class designed specifically to prevent falls. Focusing on leg muscle strengthening and balance re-training exercises. The exercise programme takes 30-45 mins and can be adapted for use at home also.

### Chi gong

A series of 18 gentle moves to benefit health & wellbeing.

### Tai chi

A series of slow, controlled movements developing strength, balance and posture.

### Zumba

Latin rhythms and easy to follow moves.

### Yoga

Combines gentle stretching exercise and correct breathing. Reduces stress and tension, increases overall mobility whilst calming and relaxing the mind.

### Stretch and tone

A class to increase mobility of the joints and flexibility of the major muscle groups, increase tone and definition of the body.

### Line dancing

An easy to follow, fun group dance based exercise class, set to popular country and western music.

### Mix and Match

A variety of exercises rotating between various elements of group fitness including Tai Chi, aerobics and gentle exercise

## Stirling walking network information

**Free health walks** – on good surfaced paths with very gentle inclines approx. 30-45 mins.

**Community walks** are run each Thursday morning in various rural locations – cost £10 for block of 10 walks.

**Free walks** run by the Retired Senior Volunteer

Programme are an intermediate walk, ranging from one hour gentle walks to a more strenuous one hour thirty minutes.

**Walk forward walks** are more strenuous lasting two hours on rougher terrain – cost £20 for block of 10 walks.

## Exercise class timetable Tuesday 10 January – Friday 30 March 2012

Class	Time	Venue	Cost
<b>Monday</b>			
Aerobics & Tone	9.30am-10.30am	Mayfield Centre	£2.00
Pilates	10.30pm-11.15pm	Mayfield Centre	£2.00
City Centre Health Walk	2.00pm	Stirling Bus Station	FREE
Plean Health Walk	1.00pm	Plean Country Park	FREE
<b>New</b> Mix and Match	1.00pm-2.00pm	Fallin Alpha Centre	£2.00
<b>Tuesday</b>			
Aerobics & Tone	9.30pm-10.15pm	Cambusbarron Community Centre	£2.00
Walk Forward Longer Walks	10.30am-12.30pm	Various Locations <a href="http://www.activestirling.org.uk/walk-about-stirling">www.activestirling.org.uk/walk-about-stirling</a>	£2.00 (£20 for block of 10 walks)
Yoga	2.00pm-3.00pm	Plean Balfour Centre	£2.00
<b>New</b> Chairobics	1.00pm-1.45pm	Cambuskenneth Hall	£2.00
<b>Wednesday</b>			
Aerobics & Tone	9.30am-10.30am	Mayfield Centre	£2.00
Chi Gong	10.30am-11.30am	Mayfield Centre	£2.00
RSVP Walk	10.15am -11.45am	Various Locations <a href="http://www.activestirling.org.uk/walk-about-stirling">www.activestirling.org.uk/walk-about-stirling</a>	FREE
Dunblane Health Walk	10.30am - 11.15am	Front of Dunblane Cathedral	FREE
Bridge of Allan Health Walk	2.00pm	Various Locations in Bridge of Allan <a href="http://www.activestirling.org.uk/walk-about-stirling">www.activestirling.org.uk/walk-about-stirling</a>	FREE

**Please note:** The walk in Plean Country Park does not start until Monday 5th March 2012. Some of the walks take a break over the Easter period, please call the number below or visit [activestirling.org.uk](http://activestirling.org.uk) – Active Communities section for updates.

<b>Thursday</b>			
RSVP Walk	10.30am - 11.30am	Various Locations <a href="http://www.activestirling.org.uk/walk-about-stirling">www.activestirling.org.uk/walk-about-stirling</a>	FREE
<b>New</b> Tai Chi	12.00pm-1.00pm	Raploch Campus	£3.50 with Active Living Card or £4.00 without £3.00 for 60+
Community Walk	11.00am-12.00pm	Various rural locations <a href="http://www.activestirling.org.uk/walk-about-stirling">www.activestirling.org.uk/walk-about-stirling</a>	£1.00 (£10 for block of 10 walks)
St Ninian's health walk	11.30pm	Mayfield Centre	FREE
<b>New</b> OTAGO	1.15pm-2.00pm	<b>Raploch Campus</b>	£2.00
Killearn & Blane field health walk	2pm -2.45pm	Various within Killearn & Blane field <a href="http://www.activestirling.org.uk/walk-about-stirling">www.activestirling.org.uk/walk-about-stirling</a>	FREE
<b>Friday</b>			
Zumba	9.30am-10.15 am	Mayfield Centre	£3.50 with Active Living Card or £4.00 without £3.00 for 60+
<b>New</b> Stretch and Tone	10.15am-10.45am	Mayfield Centre	£2.00
<b>New</b> Chairobics	12.00pm-12.45pm	Raploch Campus	£2.00
Line Dancing	1.00pm-2.00pm	Cambuskenneth Hall	£2.00
<b>Saturday</b>			
University of Stirling Walk	10.30am-12.00pm	Front entrance to the Mac Robert Centre	FREE
RSVP Walk	10.30am-11.30am	Various Locations <a href="http://www.activestirling.org.uk/walk-about-stirling">www.activestirling.org.uk/walk-about-stirling</a>	FREE

If it is the first time you are attending a walk please phone our head office number below to check if there are any amendments to walk schedule or meeting points.