

We offer a wide variety of opportunities for our referred participants to access sessions supported by qualified instructors.

Active Health circuits class

A low level circuit training class designed to get people active again in a fun social group setting. Exercises can be adapted for the individual, and we have people attending this class for a wide range of health conditions including back pain (including patients referred from the Activate your Back physiotherapy programme), musculoskeletal conditions including hip and knee replacements, respiratory disease (including patients referred from the PACE pulmonary rehabilitation programme), mild depression, anxiety or stress, obesity, diabetes, recovery from cancer, fibromyalgia, polymyalgia rheumatica, arthritis, hypertension, angina, peripheral vascular disease, TIA/mini stroke and much more.

Active Health aqua class

A gentle exercise class in the swimming pool, encouraging a low impact form of exercise, using the water as resistance. Like the circuits class, it can be accessible to referred participants with a variety of health conditions.

Supervised gym sessions

An allocated slot in the gym, not exclusive to Active Health participants, that allows Active Health participants to be monitored during their gym visit and get help or assistance from a qualified Active Health instructor. Please note that this is not one-to-one support.

For further information contact the area Hub Co-ordinator

West Wiltshire:

Rich Latham 07941 591741 or richardlatham@pfpleisure.org

North Wiltshire:

Debs Newth 07532 264460 or deborahnewth@pfpleisure.org

East Wiltshire:

Sally Phillips 07799 074312 or sally.phillips@wiltshire.gov.uk

South Wiltshire:

Paul Needham 07823 536256 or paul.needham@wiltshire.gov.uk



Physical Activity sessions

D18127CH Dec 2017_web



Active Health circuits classes

Town	Venue	Day	Time
Chippenham	The Olympiad Leisure Centre	Wednesday	1.30pm – 2.15pm
Devizes	Devizes Leisure Centre	Wednesday	1pm – 1.45pm
Devizes	Devizes Leisure Centre	Thursday	1.15pm – 2pm
Marlborough	Marlborough Leisure Centre	Tuesday	12noon – 12.45pm
Marlborough	Marlborough Leisure Centre	Friday	12.15pm – 1pm
Salisbury	Five Rivers Health and Wellbeing Centre	Monday	4.15pm – 5pm
Salisbury	Five Rivers Health and Wellbeing Centre	Thursday	1pm – 1.45pm
Tidworth	Tidworth Leisure Centre	Monday	12.15pm – 1pm
Tisbury	Nadder Centre	Tuesday	12 noon – 12.45pm
Trowbridge	Castle Place Leisure Centre	Thursday	1.15pm – 2pm
Warminster	Warminster Sports Centre	Tuesday	1.15pm – 2pm
Westbury	Leighton Recreation Centre	Friday	11am – 11.45am



Active Health aqua classes

Town	Venue	Day	Time
Devizes	Devizes Leisure Centre	Wednesday	2pm – 2.45pm
Marlborough	Marlborough Leisure Centre	Tuesday	9.10am – 9.55am
Melksham	The Blue Pool	Thursday	1.45pm – 2.30pm
Salisbury	Five Rivers Health and Wellbeing Centre	Tuesday	10.30am – 11.15am

Active Health supervised gym sessions

Town	Venue	Day	Time
Amesbury	Amesbury Sports Centre	Wednesday	4pm – 5pm
Calne	Calne Leisure Centre	Thursday	10am – 11am
Chippenham	The Olympiad Leisure Centre	Wednesday	11am – 12noon
Corsham	Springfield Community Campus	Friday	2.30pm – 3.30pm
Devizes	Devizes Leisure Centre	Tuesday	12noon – 1pm
Devizes	Devizes Leisure Centre	Friday	12noon – 1pm
Malmesbury	The Activity Zone	Thursday	11am – 12noon
Marlborough	Marlborough Leisure Centre	Wednesday	12noon – 1pm
Melksham	The Blue Pool	Wednesday	11.30am – 12.30pm
Salisbury	Five Rivers Health and Wellbeing Centre	Tuesday	10am – 11am
Trowbridge	Castle Place Leisure Centre	Friday	11.30am – 12.30pm
Tidworth	Tidworth Leisure Centre	Thursday	3pm – 4pm
Warminster	Warminster Sports Centre	Tuesday	11.30am – 12.30pm
Westbury	Leighton Recreation Centre	Thursday	11.30am – 12.30pm
Royal Wootton Bassett	Lime Kiln Leisure Centre	Monday	1.30pm – 2.30pm
Royal Wootton Bassett	Lime Kiln Leisure Centre	Friday	1.30pm – 2.30pm