

Let's Walk Programme

Many activities are free and include a drink, some may need to be booked in advance. For more information email getactive@plymouthactive.co.uk

Activity	Location	Day & Time	Description
Walking Netball	Plymouth Life Centre, PL2 3DG	Tuesday's at 11am	A modified version of netball that's designed to be low-impact, fun, and social. Suitable for all ages and abilities. Bookable on the PAL APP.
Wellbeing Walk	Southway Community Hub, PL6 6TB	Wednesday's at 9am (term time only)	A short walk around the local area open to all ages and abilities. Delivered by Southway Community Hub.
	Victoria Park, PL1 5LZ	The 2nd Wednesday of every month at 10.30am	Includes a short 15 minute walk and a longer 50 minute walk. Delivered by Livewell SW.
	Plymouth Life Centre, PL2 3DG	The 4th Wednesday of every month at 10.30am	Includes a short 15 minute walk and a longer 50 minute walk, within park boundaries. Delivered by Livewell SW.
	Plymouth Life Centre, PL2 3DG	Thursday's at 6pm	A 30 to 60 minute walk suitable for all abilities, aiming to give women the confidence to exercise in a group at night. Delivered by Livewell SW.
Nordic Walking	Plymouth Life Centre, PL2 3DG	Thursday 10, 17, 24 July & 21, 27 Aug, 4 Sept	Nordic walking session based in Central Park open to all ages. Poles provided.
Walk/Run	Devonport Park, PL1 4BT	Wednesday's at 9.55am	This activity is for ladies only and costs £3.50 per session. Please call Miranda City Fitness on 07817 201748 for more information.
	Plymouth Life Centre, PL2 3DG		This is a closed group for Pluss clients only. Please contact Sally Carr at sally.carr@pluss.org.uk , or call 01752 566480 for more information.
Walking Football	Southway Community Hub, PL6 6TB	Wednesday's 1.30pm	A modified version of football that's designed to be low-impact, fun, and social. Suitable for all ages and abilities
Couch 2 5k	Plymouth Life Centre, PL2 3DG		Coming soon. Register your interest at getactive@plymouthactive.co.uk
Walking Tennis	Plymouth Life Centre, PL2 3DG	Wednesday's 12pm	Session is delivered by Improving Lives Plymouth please contact Claire on claire.loram-martin@improvinglivesplymouth.org.uk
Foraging Walks	Plymouth Life Centre, PL2 3DG	Friday's 10.30am	For more information and to book visit this link https://www.incredibleibleuk.co.uk/urbanwalks
Buggy Walk	The Hub at Foulston Park, PL1 4NE		Starting September....