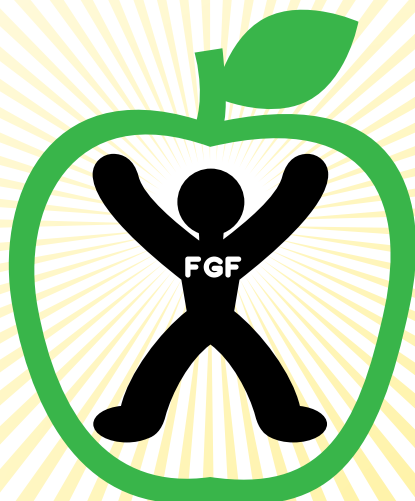


Filwood Gets Fit

A fun community festival helping us all get active



**Make Friends
Have Fun
Get Fit**

**Monday 7th – Saturday 12th
July 2014**

Organised by Knowle West Together

- Filwood Gets Fit is a fun community festival that will support us all to become more active, whatever our age and ability.

- From 7th – 12th July we'll be celebrating the activities that are already happening in our area – from sports teams and walking groups to gardening and children's clubs. Many groups will be offering free or reduced-price 'taster' sessions. We'll be organising some special activities too...

- The event is being organised by Knowle West Together, a group of local organisations who are working together to improve our area.

Our physical health can have a big impact on our quality of life. According to the Council's latest Quality of Life Survey (2012), levels of physical activity in Filwood are lower than the city average. The number of households with a smoker is higher than the city average too. We want to help to change that for the better – we hope that by doing something active we'll all feel healthier and happier.

Key:

- adults (18+) 
- children 
- young people 
- special event for Filwood Gets Fit 
- free taster 

Map:

Eagle House,
Newquay Road,
0117 977 1090

Filwood Community
Centre,
Barnstaple Road,
0117 903 8052

Filwood Library, Filwood
Broadway, 0117 903 8581

The Inns Court Centre,
1 Marshall Walk, 0117 904 1220

Knowle West Children's Centre,
Leinster Avenue, 0117 903 0214

Knowle West Health Park, Downton Road, 0117 377 2255

Knowle West Media Centre, Leinster Avenue, 0117 903 0444

Oasis Academy Connaught, Melvin Square, 0117 903 7694

Novers Steps, behind Knowle West Health Park

Springfield Allotment, Andover Road
(call Knowle West Health Association: 0117 963 9569)

The Park, Daventry Road, 0117 903 9770



map by Michael Smith

Timetable

MONDAY 7th JULY

Morning

9.30am: Waist Watchers (Knowle West Health Park, free) ●

9.30am: Slimming World - open session to find out more about the group (Filwood Community Centre, contact Kim on 07920 023170) ●

9.30-10.15am: Gym Tots (Oasis Academy Connaught, free, contact Knowle West Children's Centre on 0117 903 0214) ●

9.45am-12pm: Walking group for ages 55+ led by LinkAge (Meet at The Park, free) ●

11am: Seated Exercise for adults with physical disabilities (Knowle West Health Park, £2) ●

11am: One Heart Walking group (Meet at Knowle West Health Park, free) ●

11am-12pm: free trial at The Park gym ● ●

11.30am: Slimming World - open session (Filwood Community Centre, contact Kim on 07920 023170) ●

Afternoon

12-2pm: multi-sports activity with 2nd Chance Project (The Park) ● ● ●

2-3pm: free trial at The Park gym ● ●

3-5.30pm: Playrangers at Newquay Road Park – activities for ages 5-13 and families (contact Nicky on 0117 978 2187, free) ●

4pm: Waist Watchers (Knowle West Health Park, free) ●

4-5.30pm: Sports club for 4-11 year olds (Knowle West Health Park, free, call Barry on 07809 483191) ●

Evening

5.45-7pm: Yoga and Core Tone for all abilities (The Park, contact AJ on 07809 619544) ●

6.30-8pm: Street Games football session (The Park, contact Youth Moves on 0117 903 9796) ●

6.30-7.30pm: The Park Knowle Amateur Boxing Club, Juniors aged 8-17 ● ●

6.45-7.30pm and 7.45-8.30pm: LA Revolution spin class (in the gym at The Park) ●

7-9pm: Bristol Storm netball club training at The Park (Contact: bristolstormnetball@gmail.com) ●

7.30-8.30pm: The Park Knowle Amateur Boxing Club, Seniors aged 18+ ●

7.30pm: Slimming World - open session (Filwood Community Centre, contact Kim on 07920 023170) ●



Photo from the Active Travel booklet by Knowle West Media Centre

TUESDAY 8th JULY

All day

10.30am to 6pm: Run to Knowle West. Climb the Novers Steps – fastest time wins a prize! Admire a wonderful view of Bristol as you tackle 96 steps. (Behind Knowle West Health Park, contact Melissa on 0117 903 0444, free) ● ● ● ●

Morning

9am: Bootcamp physical fitness session (With Jason Hodge at Knowle West Health Park, contact 07855465872) ●

9.30am: Three Heart Walking group (Meet at Knowle West Health Park, free) ●

9.30am: Blue Rainbow preschool activities (Knowle West Health Park, free) ●

10am: Stretch and grow preschool activities (Knowle West Health Park, free) ●

10am: Pop-up exercise session at The Friendship Club, Filwood Community Centre (seated exercise before bingo) ● ●

10am-1pm: Sew Clever! Sewing group (Whisk! café at Knowle West Health Park, contact re:work on 0117 953 0689) ●

11am-12pm: free trial at The Park gym ● ●

Afternoon

2-3pm: free trial at The Park gym ● ●

2-4pm: The Out and About Group, for people with mental health needs (The Park, contact Barry on 0117 330 8576) ●

4.30pm: Non-contact boxing for 7-11 year olds (Knowle West Health Park, free) ●

Evening

5.30-6.30pm: The Park Knowle Amateur Boxing Club female-only session (Juniors aged 8-17) ● ●

6.30-7.30pm: The Park Knowle Amateur Boxing Club female-only session (Seniors aged 18+) ●

6pm: Bootcamp physical fitness session (With Jason Hodge at Knowle West Health Park, contact 07855465872) ●

6pm & 7pm: Hips, Bums & Tums fitness class (Knowle West Health Park, £3) ●

6-7pm: Matt Fiddes Martial Arts (The Park, contact Ian: office@mattfiddes.com) ●

6-7.30pm: Lazyboys Basketball Club (train at The Park, contact Jim: info@lazyboysbasketball.co.uk) ●

6.30-7.15pm: LA Revolution spin class (in the gym at The Park) ●

6.45pm: Running Club (Meet at The Park, contact Stu on 07462 904998) ●

7.30-8.30pm: LA Revolution spin circuits (in the gym at The Park) ●



WEDNESDAY 9th JULY

All day

10am-4pm: Sports Coaching course - free training for ages 16+ (Hengrove Leisure Centre, Hengrove Promenade, contact Beverley on 0117 922 2696)



Morning

9.30-10.30am: Gym, Music & Movement for ages 0-5 (3 Marshall Walk, contact Knowle West Children's Centre on 0117 903 0214, free)

10am-12pm: Sew Clever! Sewing group (Filwood Library, contact re:work on 0117 953 0689)

10am-12pm: Women & Bicycles – come and get on your bike! (The Park, free)



10.30am: Breathe, Relax & Tone Up (Knowle West Health Park, £2)

11am-12pm: free trial at The Park gym



Afternoon

12pm: Pop-up exercise session at The Wednesday Club, Eagle House (seated exercise before bingo)

2-3pm: free trial at The Park gym

2-3.30pm: Sporting Memories Group - share memories of sport in Bristol. All welcome, especially older fans with memory problems (Knowle West Media Centre, free)

2.30pm: tasters in Tai Chi for Wellbeing and Seated Exercise (Knowle West Health Park)

3-5.30pm: Playrangers at Knowle West Health Park – activities for ages 5-13 and families (contact Nicky on 0117 978 2187, free)

3.30pm: tasters in Bootcamp and SMARTS Sports (Knowle West Health Park)



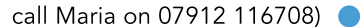
4-7pm: cycling with A Ride in The Park (Meet at The Park, free, for all ages and abilities)



4.30pm: taster session in Street Beatz Dance (Knowle West Health Park)

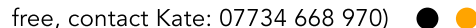


5.30pm: Mini Beatz – street dance for 6-10 year olds (Knowle West Health Park, £3.50, call Maria on 07912 116708)



Evening

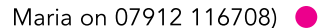
6-7pm: Simple Circuits - all welcome but designed as Cardiac Rehabilitation (The Park, free, contact Kate: 07734 668 970)



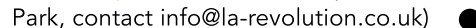
6-7pm: The Park Knowle Football Team, training for the adult team



6.30pm: Fresh Beatz – street dance for 11-17 year olds (Knowle West Health Park, £4, call Maria on 07912 116708)



6.10-6.55pm: LA Revolution spin class (The Park, contact info@la-revolution.co.uk)



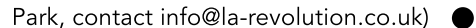
6.30-7.30pm: The Park Knowle Amateur Boxing Club, Juniors aged 8-17



7-10pm: Academy Badminton Club (based at The Park, contact Paul: mbyvpcag@hotmail.co.uk)



7.10-8pm: LA Revolution Spin Core class (The Park, contact info@la-revolution.co.uk)



7.30-8.30pm: The Park Knowle Amateur Boxing Club, Seniors aged 18+



8.20-9.05pm: LA Revolution Chilling Spinning class (The Park, contact info@la-revolution.co.uk)



7-10pm: Elementz Dance Crew, for 8-11 year olds (The Park, contact Kinny: kinnyc@bartonhillsettlement.org.uk)



THURSDAY 9th JULY

Morning

9am: Bootcamp physical fitness session (With Jason Hodge at Knowle West Health Park, contact 07855465872)



9.15am: Wii Fit fun for adults (Knowle West Health Park, free)



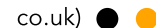
9.30am: Two Heart Walking group (Meet at Knowle West Health Park, free)



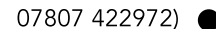
10am: Fit & Fab – fitness, creativity and discussion (Knowle West Health Park, free)



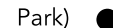
10am: Try the LA Revolution spin class for free (The Park, contact info@la-revolution.co.uk)



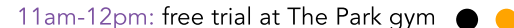
10-11am: Zumba, (The Park, contact Alina on 07807 422972)



10.30am: Over 55s Ping - table tennis (The Park)



11am-12pm: free trial at The Park gym



Afternoon

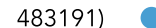
12-1pm: Archery for ages 55+ with LinkAge (The Park)



2-3pm: free trial at The Park gym



4pm: Sports club for 4-11 year olds (Knowle West Health Park, free, call Barry on 07809 483191)

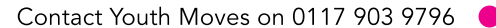


3.30-8.15pm: 344 Dance School – ballet, tap, jazz (The Park contact admin@dance station.org.uk)

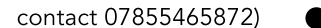


Evening

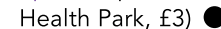
Parkour Club for young people at The Park. Contact Youth Moves on 0117 903 9796



6pm: Bootcamp physical fitness session (With Jason Hodge at Knowle West Health Park, contact 07855465872)



6pm: Step Aerobics class (Knowle West Health Park, £3)



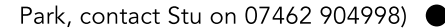
6.30-9.30pm: GKR karate for children (The Park, call Darren on 07951 947280)



6.45-7.45pm: LA Revolution spin class (The Park, contact info@la-revolution.co.uk)



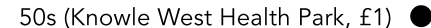
6.45pm: Running Club (Meet at The Park, contact Stu on 07462 904998)



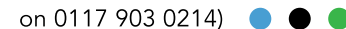
FRIDAY 11th JULY

Morning

9.30am: Gentle seated exercise for over 50s (Knowle West Health Park, £1)



10am-12.30pm: Barnardos Big Toddle for families and children aged 0-5 (Meet on Knowle West Health Park, free, contact Knowle West Children's Centre on 0117 903 0214)

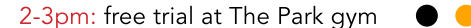


11am-12pm: free trial at The Park gym



Afternoon

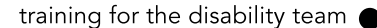
2-3pm: free trial at The Park gym



3.30-4.30pm: Walking Football for ages 55+ with LinkAge (The Park)



5-6pm: The Park Knowle Football Team, training for the disability team



Evening

6.15-7.15pm: LA Revolution Spin and Core class (The Park, contact info@la-revolution.co.uk)



6.30-7.30pm: The Park Knowle Amateur Boxing Club, Juniors aged 8-17



7.30-8.30pm: The Park Knowle Amateur Boxing Club, Seniors aged 18+



7-9pm: Bitton Archers archery club
(The Park, contact Rob: chair@
bittonarchers.co.uk) ●

SATURDAY 12th JULY

Morning

10-11am: LA Revolution Spin and
Stretch (The Park, contact info@la-
revolution.co.uk) ●

10.30am-12pm: GKR karate for
children (The Park, call Darren on
07951 947280) ●

11am-12pm: free trial at The Park gym
● ●

12-1pm: Kettlebell class (The Park,
contact Natalie: strengthforhealth@
gmail.com) ●

'Dot to Dot' – Celebration Event

Saturday 12th July, FREE

Activities at community venues from 10am

- Get Growing & Eating at Springfield Allotments (off Andover Road)
- Friendly 5km guided walk at Knowle West Health Park
- Music and making craft at Knowle West Media Centre
- All Ability Bike Ride. Meet at The Park at 8:45am for a 9am start. Riding off-road on cycle paths.
- Bling Your Wheels at The Inns Court Centre

From 11am, join in special walks and rides to the Summer Fayre at Filwood Community Centre. ● ● ● ●

* If you bring a dog to walk please keep it on a lead.
Please be aware that some venues don't allow dogs on their premises (except disability assistance dogs).



Photo from the Active Travel booklet by Knowle West Media Centre



travelwest+

Designed by Knowle West Media Centre

All information is correct at time of going to press, errors and omissions excepted. Programme available in Braille and large-print on request. Contact Rachel at Knowle West Media Centre on 0117 903 0444.