



Activity	Instructor	Venue	Time	Contact
Monday				
Cardiac Rehab Gym Sessions	Karen Brown	Lea Manor Recreation Centre	10:00-11:00	01582 400272
Circuits (low intensity)	Natalie Mindry	Lewsey Sports Park	12:00-13:00	01582 400272
Table Tennis	Kadan Bogie	Lewsey Sports Park	13:30-14:30	07713326119
Tuesday				
Health Walk (Women Only)	Claire Hawes	Riverbank Primary School	10:20-10.50	01582 400272
Nordic Walking	Jane Dixon	Stockwood Park Athletics Centre	11:00-12:00	01582 722930
Indoor Bowls	Natalie Mindry	COOP Bowls club	12:30-13.30	01582 400272
Stroke Rehab Gym Session	Natalie Mindry	Inspire: Luton Sports Village	14:00-15:00	01582 400272
Beginners Zumba	Claudine	Inspire Luton Sports Village	13:00-13:45	01582 400272
Walking Football	Kadan Bogie	Inspire: Luton Sports Village	15:00-17:00	01582 400272
Walking Football	Kadan Bogie	Inspire: Luton Sports Village	16:00-17:00	01582 400272
Beginners Running	Dan Hooper	Lea Manor Recreation Centre	18:30-19:30	01582 400272
Wednesday				
Cardiac Rehab Gym Sessions	Karen Brown	Lewsey Sports Park	09:00-11:00	07525801067
Health Walk	Claire Hawes	Lewsey Sports Park	09:30-10:30	01582 400272
Adaptive Bikes	Remii Bains	Stockwood Park Athletics Centre	10:30-11:30	01582 722930
MS Stars (with refreshments)	Abbie Hicks	Hightown Community S & A Centre	11:00-12:30	01582 419548
Health Walk and Coffee	Natalie Mindry	Lewsey Sports Park	12:00-13:00	01582 400272
Gardening	Kadan Bogie	Raven Hill Way allotments	13:00-14:00	01582 400272
Yoga	Jane Tang	Lewsey Sports Park	13:00-14:00	01582 400272
Adaptive Bikes	Remii Bains	Stockwood Park Recreation Centre	14:00-15:00	01582 722930
Walking Football	Tony Barnett	Lea Manor Recreation Centre	18:00-19:00	01582 599888
Beginners Running	Melanie Reis	Lewsey Sports Park	18:50-19:50	01582 400272



Activity	Instructor	Venue	Time	Contact
Thursday				
Circuits (low intensity)	Natalie Mindry	Lewsey Sports Park	11:00-12:00	01582 400272
Nordic Walking	Jane Dixon	Lewsey Sports Park	10:30-11:30	01582 604244
Health Walk	Kadan Bogie	Inspire Luton Sports Village	11:00-12:00	01582 400272
Stroke Rehab Gym Sessions	Martyn Baugh	Lea Manor Recreation Centre	13:00-14:00	01582 400272
Pilates	Abby Hicks	Lewsey Sports Park	14:00-14:45	01582 400272
Circuits	Sarah Simmonds	Inspire: Luton Sports Village	15:30-16:30	07889301717
Beginners Running Group	Claire Hawes	Stockwood Park Athletics Centre	18:00-19:00	01582 722930
Friday				
Nordic Walking	Sophie Billington	Stockwood Park Athletics Centre	09:30-10:30	01582 400272
Health Walk	Claire Hawes	Hightown Community S & A Centre	09:30-10:30	01582 419548
Circuits	Sarah Simmonds	Lewsey Sports Park	11:00-11:45	07889301717
Coffee Morning	Sarah Simmonds	Lewsey Sports Park	11:45-12:30	07889301717
Tai Chi	Dennis	Inspire: Luton Sports Village	11:15-12:00	01582 400272
Cardiac Rehab Gym Session	Karen Brown	Inspire: Luton Sports Village	14:00-15:00	07525801067
Stroke Rehab Gym Sessions	Natalie Mindry	Inspire: Luton Sports Village	14:00-15:00	01582 400272
Saturday				
MS Stars (with refreshments)	Abbie Hicks	Hightown Community S & A Centre	11:00-12:30	01582 419548

PLEASE NOTE: In addition to the above programme, you can access Active Luton facilities for gym, swimming and fitness classes using your membership card. See website for details of class times, public swimming and opening hours.

Our Partners



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