

## Exercise Indicatives in Nottingham

<p><b>Over 50's Swing Into Shape (Colwick Community Centre)</b></p> <p><b>Location:</b> Colwick Community Centre</p> <p><b>Address</b> Vale Road Colwick, Nottingham, Nottinghamshire</p> <p><b>Postcode</b> NG4 2GP</p> <p>£4.00 per session</p>	<p>Swing into Shape is a fun and friendly fitness class for over 50s, suitable for beginners or pupils who have done this before. Routines are performed to popular music and comprise warm up, stretch, tone, gentle cardio, tums and bums on the floor and cool down.</p>	<p>Vicky Sladen <b>Telephone</b> 0115 9617627 <b>E-mail</b> <a href="mailto:victoria.sladen1944@btinternet.com">victoria.sladen1944@btinternet.com</a></p>
<p><b>Right Mind - Inspiring Women - Low to moderate exercise &amp; wellbeing support group</b></p> <p><b>Location:</b> The Portland Centre Address Muskham Street Nottingham Postcode NG2 2HB Notes Contact Details for The Portland Centre -0115 859 9968</p> <p>FREE</p>	<p><b>The project is about</b> – Right Mind – Inspiring Women – Right Mind inspires women of all ages who want to improve their wellbeing by physical activity and meeting new people. This is a FREE 6 Months physical activity and social session. It is delivered in a fun and comfortable environment. The sessions are built around what the group would like to do from week to week. Right Mind is great for improving women’s mental health and overall wellbeing. The focus is to relax and enjoy some gentle exercise. Exercise sessions we have done: - Netball, Basketball, Gym, Fitness circuits, Walks, Soccercise, Yoga, Team Sports, Badminton, Table Tennis and many more <b>Difference it makes</b> – It helps to build self-esteem , self-confidence , aware and learn about your own wellbeing and help to give you coping strategies’, Meet new people , Build positive friendships , Be a part of a supportive group , improves overall health , boost energy levels and personal development.</p>	<p><a href="mailto:Claire.Wilmott@nottscountyfitc.org.uk">Claire.Wilmott@nottscountyfitc.org.uk</a> <b>Contact: 07495321631</b> <a href="mailto:Nigel.Plant@nottscountyfitc.org.uk">Nigel.Plant@nottscountyfitc.org.uk</a>  <b>Contact: 07970806749</b></p>
<p><b>This Girl Can - 'Go Girl!' Exercise Courses</b></p> <p>FREE</p>	<p>Free Exercise classes for inactive women from 16 years old Children welcome (under the supervision of their parents) Online and at the Forest Recreation Ground <i>This is a 12 week course</i> Mother’s Voices and NB Fitness Solutions have teamed together to deliver 8 x Go Girl! Exercise Courses</p>	<p><b>Contact Name</b> Amanda Jamieson <b>Contact Position</b> Operations Manager <b>Telephone</b> Contact: 07503 223536 <b>E-mail</b> <a href="mailto:mothers.voices@outlook.com">mothers.voices@outlook.com</a> <b>Website</b></p>

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	<p>4 x Week Beginner's Courses          4 x Week Intermediate Courses</p> <p>Sports England are supporting this project through the This Girl Can Fund. The aim of these courses is to join the This Girl Can campaign in encouraging women of all shapes, sizes, abilities and backgrounds to get active. You do not have to be a mother to enrol. Just from 16 years +</p>	<p><a href="https://mothers.voices.co.uk">https://mothers.voices.co.uk</a></p>
<p><b>Yoga Nova - New Yoga Classes</b></p> <p><b>Location:</b>          Mansfield Road,          Nottingham,  <b>Postcode</b>          NG5 2DP</p>	<p>Beginners welcome, everyone welcome! No experience necessary</p> <p>7.45pm KUNDALINI ~ aerobic yoga to keep you fit &amp; relaxed at the same time</p> <p>8.45pm CANDLELIGHT FLOW ~ a relaxed environment &amp; a super way to unwind just drop in or contact Emily</p>	<p><b>Telephone:</b>          07760 886393</p> <p><b>E-mail:</b>  <a href="mailto:emily@yoganova.co.uk">emily@yoganova.co.uk</a></p> <p><b>Website:</b>  <a href="http://www.yoganova.co.uk/">www.yoganova.co.uk/</a></p>
<p><b>NAAC Music &amp; Dance Academy - Shiamak Bollywood Dance &amp; Bollywood Zumba</b></p> <p><b>Location:</b>  <b>Name</b>          Radford Academy  <b>Address</b>          Denman Street West          Radford          Nottingham  <b>Postcode</b>          NG7 3FL</p> <p>Cost of £5.00 per session</p>	<p>Nottingham Asian Arts Council Music &amp; Dance Academy are working in partnership with Shiamak (World's biggest Bollywood Dance Company) and Bhumika Nehra (TAAL) to bring to you the best in Bollywood Dance and also Bollywood Zumba fitness classes. Please register your interest ASAP as these classes are likely to get full very quickly. <b>The Bollywood zumba classes are being offered at a reduced rate of £5 per class at the moment. Bollywood Zumba 6:30pm-7:30pm</b></p> <p>We also offer Kathak, Dhol, Tabla, Sitar, Harmonium &amp; Vocal classes.</p>	<p><b>Contact Name:</b>          Nina Viridi or Bhavesh Jani</p> <p><b>Telephone:</b>          07944051187          07792247331</p> <p><b>E-mail:</b>  <a href="mailto:nina.virdi@nottinghamcity.gov.uk">nina.virdi@nottinghamcity.gov.uk</a></p>