**Physical Health & Wellbeing Team Activities**

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| **Monday** | **10am-11am**  **Couch to 5K in Locke Park** | **11am-11.45am**  **Boxercise in Locke Park**  **Band-stand** | **11.45am-12.45am**  **Back to netball Stocksbridge Leisure Centre -** £4/session | **7.30pm-8.30pm**  **Game changer football at Veda Kendray** |
| **Tuesday** | **11am**  **Boxercise – Barnsley Recovery College** | **1pm-3pm**  **Gardening Swanee Road allotment** |  |  |
| **Wednesday** | **10am-1pm**  **Cycling Kendray Hospital** | **2pm**  **Circuit training Barnsley**  **Recovery College** | **2-3pm**  **Walking Netball 55+ Penistone Leisure Centre** £4/session |  |
| **Thursday** | **11am-12**  **Pickleball at Hoyland Leisure Centre -** £3/session | **12.45-2pm**  **Football at Oakwell Training Ground** | **10am-12pm**  **Ladies bike ride session at**  **Kendray Hospital** | **5.30-6.30pm**  **Netball at Honeywell Sports Centre -** £3/session |
| **Friday** | **10am-11am**  **Couch to 5K at Locke Park** | **12pm-1pm**  **Supported open water swimming - Manvers Lake**  **MEMBERS ONLY** | **12pm-2pm**  **Men’s only bike ride from Kendray hospital** | **Barnsley Recovery College Gym**  **REFERRALS ONLY** |
| **Saturday** | **9am-11am**  **Locke Park Run (5k)** |  |  |  |
| **Sunday** | **10AM-1PM**  **Cycling Kendray Hospital** |  |  |  |

All activities are updated on a regular basis. There is no need to book, just turn up. If you have any questions- **Hannah Burton (Manager) – general enquiries (07917 650091) email: phwbt@swyt.nhs.uk**