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EASTERN VALE ACTIVITIES MENU

Bring your Golden Pass to these activities and join them for FREE

Activity	Venue	Day/time	Provider	How to register
Padel ball	Penarth Windsor Lawn Tennis Club	Saturdays 10am Wednesdays 6pm	Penarth Windsor Lawn Tennis Club	Email info@penarthwindsor.org.uk
Indoor Bowls	Sully indoor Bowls Club, South Rd, Sully	Contact to arrange time	Sully Sports Bowls Club	Call 02920530999
Outdoor Bowls	Sully Outdoor Bowls Club, South Rd, Sully	Monday 5:15pm	Sully Sports Bowls Club	Email tony_cash@sky.com or call 07743959593
Yoga & Yogalates	St Paul's Community Centre, Penarth	Tuesdays 9am & 6pm, Wednesday's 6pm and Thursday at 9am.	Penarth Yoga	Email rachael@penarthyoga.com
Yoga (online)	Zoom	Tuesday 6-7pm Friday 9:30-10:30am	Yogalicious	email rachel@yogalicious.co.uk
Strength and Balance classes	All saints church, Penarth	Monday 12:15pm Wednesday 12:30pm	Elderfit	Contact Gareth 07731382224 gareth.elderfit@gmail.com
Wellness Walking Netball	Sports Hall, Penarth Leisure Centre	Fridays / 12 noon - 1pm	Leisure centre	Contact Reception at Penarth Leisure Centre to leave your details and someone from the Wellness Walking Netball Group will get in touch.
Strength and Balance (friendship & exercise club)	The Old School Community Hall, Sully, CF64 5TG	Thursday 9:20 - 10:20am	Huge Health	Contact Ellys to book 07805086738 or healthhuge@gmail.com
Modest cardio & tone	Penarth St. Augustine's Parish Hall Dinas Powys Parish Hall	Monday 9:30am Thursday 10am	Hi-Vibe Fitness	email - hivibefitness@gmail.com or visit www.hivibefitness.co.uk
Yoga 'Gentle Rise' Yoga 'Get Flow'	Dinas Powys Parish Hall Penarth St. Augustine's Parish Hall	Thursday 11:00am Monday 10:30am	Hi-Vibe Fitness	email - hivibefitness@gmail.com or visit www.hivibefitness.co.uk
Pilates fusion	The Old School, Sully	Wednesday 6pm	Hi-Vibe Fitness	email - hivibefitness@gmail.com or visit www.hivibefitness.co.uk

If you have any questions then please email goldenpass@valeofglamorgan.gov.uk

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Activity	Venue	Day/time	Provider	How to register
Pilates Gold (over 60's)	Parish Hall Dinas Powys Stanwell Rd Baptist Church Hall, Penarth	Tuesday 9:45-10:45am Thursday 10-11am and 11:15am -12noon	Kath Sweeney Pilates	Email kathpilates@hotmail.com
Chair Pilates	Stanwell Rd Baptist Church Hall, Penarth	Thursday 11:15am -12noon	Kath Sweeney Pilates	Email kathpilates@hotmail.com
Indoor / Outdoor Bowls	Penarth Rectory Road Bowling Club, Rectory Road, Penarth, CF64 3A	Contact to arrange time	Penarth Rectory Road Bowling Club	Email ep.crocker.cardiff@hotmail.co.uk
Outdoor Bowls	Penarth Belle Vue Bowls Club, Albert Rd, Penarth CF64 1DB	Contact to arrange time	Penarth Belle Vue Bowls Club	Email penarthbellevuebowls@gmail.com
60+ DANCE	St Paul's Church, Acron Street, Penarth	Thursday 1.30pm	Rubicon Dance	Email info@rubicondance.co.uk or call 02920491477
Gentle group exercise	St Augustine's Parish Hall	Tuesday 2pm - 3:30pm	With Music in Mind	Call 07500 776295 Email: info@withmusicinmind.co.uk
Strength, Balance and Cardio Circuit class	Dinas Powys Scout Hall Cf64 4TW Hebron Sports Hall, CF64 4YB	Thursday 9:30-10:30am Wednesday 9:30-10:30am	Healthy Hearts Academy	Contact Will 07419176200 or will@healthyheartsacademy.com
Strength, Balance and Cardio Circuit class	Penarth and District scout activity centre (PADSAC), Scourts Hall, CF64 2UA.	Friday 9:30 - 10:30 & 11-12	Healthy Hearts Academy	Contact Will 07419176200 or will@healthyheartsacademy.com
Move it or Lose it - Seated & standing exercise class (strength & balance)	St Paul's Community Centre. Arcot St Penarth CF641EU	Mondays 10.30-11.30	Move it or Lose it	Contact Suzanne 07728 289145

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