

What's On - BHPT's Exercise Opportunities in Burnham - for more details call 01628 661441 Autumn 2018

Day	What	When	Meeting Place	More details
Every Monday	Chair-based Exercises	9.45 to 10.30 am	Methodist Church, Eastfield Road, Burnham, SL1 7NZ	£2 per session
Monday	Pilates – for all ages and abilities	1.30 to 2.30pm	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	Phone 07403 868756 for dates of next course and cost
Every Tuesday	Gym Training Session	10.30 to 11.30am	Outdoor Gym, Burnham Park, Windsor Lane, Burnham, SL1 7HR	FREE
3 rd Tuesday	Walk*	2 to 4pm	Phone 01628 661441 for details of start point	FREE
1 st Wednesday	Walk*	10 to 10.30am	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	FREE
3 rd Wednesday	Walk*	10 to 10.30am	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	FREE
Every Thursday	Tai Chi	11.30 to 12.30 and 1pm to 2pm	United Reformed Church, Stomp Road, Burnham, SL1 7LR	£3 per session or £10 for 4 week block
Thursdays in term time	Tea Dance	2.30 to 4.30pm	Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR	£5 per session
Every Friday	Walk*	10 to 11am	Cornerstone, St Peter's Church, Church Street, Burnham, SL1 7HX	FREE
1 st and 3 rd Saturday	Walk*	10 to 11am	Phone for details of start point	FREE
3 rd Sunday	Walk*	2.30 to 3.30pm	Burnham Beeches Café, Lord Mayor's Drive, Farnham Common, SL2 3PS	FREE but £3 parking charge in Burnham Beeches car park

*All walks are part of the Bucks wide "Simply Walk" scheme. See "Burnham Sports and Activities Directory" for details of many other local sports and exercise opportunities www.burnhamsportsandactivities.org.uk

Remember before you start any new exercise regime, you should consult your doctor. Whilst there are many benefits from exercise, some forms of exercise can exacerbate certain medical problems so do seek advice about the best type of exercise for you. If at any point when exercising you feel dizzy or otherwise unwell, stop, and make sure you arrange to see your doctor as soon as possible.