

Provider	Adults or Children	Contact	Price and booking info
Atlantic Racquet Centre – Tennis & Badminton.	Both	Tom Vinall – Head Coach tom@atlanticracquetcentre.co.uk 07587 782 675 www.atlanticracquetcentre.co.uk	See website for details.
Bideford Yoga	A	Nicola Macdonald. www.bidefordyoga.com nicolamacdonald@macace.net 07968898847	£30 for 5 classes must be booked in advanced. Check FB or website for updated classes as some of them are booked up already.
Bideford AFC Youth	C	Dawn Wright - Treasurer dawnw@btinternet.com 07867 761252	Membership starts at £50 for the youngest age and goes up in price with age.
Bideford Boxing Club	Both	Jeff Facey – Development officer Contact via Facebook/messenger	A large number of classes for different ages and abilities (see their fb page for the timetable). Membership is £10 a year for seniors and £2 a week for 3 sessions & £5 a year for juniors and £1 a week for 3 sessions.
Bideford Blues & Appledore JFC	C	Pete Evans – Chairman evansandevans2@aol.com www.bidefordblues.co.uk	Membership is £55.
Claire Harris – over 55's fitness class	A	Claire Harris 07793317847 twinsharris969@gmail.com	£5 per class Appledore Blue lights Hall Thursday 12 in a group, must book beforehand.
Dance Fit	A	Anne Wilson 07791 568340	50+ Dancefitness 12 noon

		annemariewilson@live.co.uk www.dancefitdevon.co.uk Facebook – Dance Fit	Roundswell hall £7 a session Belly Dance / Dance Fitness Fridays 6.45pm £7 Pilates / well-being starting with gentle mobility after the long break Fridays 5.30pm & £1 for 6 sessions. Some classes have already been booked up – do check with Anne. All must be booked in advance
G4 Gym	A	Jennifer Sparrey 01237 478802 Facebook/ messenger - G4	Just for this project Jen is doing 1 months membership for Gym and classes at £30. (Normally £50 a month.)
The Powerhouse Gym & VB personal training (Classes)	A	Sebastian Buckland PowerhouseGymBideford@outlook.com www.powerhousegymbideford.co.uk	Membership is £37.50 a month – including classes.
Vista Wellbeing – Exercise class for long term health conditions	A	Anita Griggs 07900 041258 anita@vistawellbeing.org.uk	5 sessions for £30 Wednesday – 1.30pm Victoria Park – Bideford Rugby club.
Tai Chi with Ranald	A	Ranald Macdonald ranola@macace.net 01237475023 01237472532	Zoom class on Monday & class in the park on Wednesday. Contact Ranald for details.

Please contact the provider to book onto classes or arrange membership. As you will see some activities will be completely free with the voucher or it will help towards a membership.