



JUST TURN UP ACTIVITY PROGRAMME

- Get Fitter • Have Fun
- Low Cost Sessions

ACTIVITY	WHERE	WHO	DAY	TIME	COST
Badminton	Bedford International Athletic Stadium, Barkers Lane, Bedford MK41 9SB	Ladies only	Thursdays	11:00-12:00	£2.00
Basketball	Bedford Academy School, Mile Road, Bedford MK42 9TR	Girls 11yrs-18yrs	Saturdays	15:00-16:30	£3.00
Cricket	Walking Cricket - John Bunyan Sports & Fitness, Mile Road, Bedford	Adults 55yrs+	Mondays	11:30-13:00	£3.00
Bedford Off Road Cycling Club - Go Ride	Priory Country Park - meet near café (bring your own bike & helmet - no helmet, no ride)	Children 6yrs-16yrs	Saturdays	09:00-10:30	£3.00
Football	Cage Futsal - Salvation Army MUGA, Commercial Road, Bedford	Mixed 15yrs+	Tuesdays	19:00-21:30	FREE
	Just Play Football - John Bunyan Sports & Fitness, Mile Road, Bedford	Men 16yrs+	Mondays	20:30-21:30	£3.00
	Walking Football - Gordon Fields Pitches, Brickhill Drive, Bedford MK41 7QZ Park off Brickhill Drive, Email info@walkingfootballbedford.co.uk to register	Women 18yrs+	Sundays	10:00-11:00	£4.00
	Beginners Walking Football (indoors) - John Bunyan Sports & Fitness, Mile Road, Bedford	Mixed adults	Tuesdays	10:30-11:30	£4.00
Hockey	Walking Hockey - John Bunyan Sports & Fitness, Mile Road, Bedford	Adults 18yrs+	Tuesdays	10:30-11:30	£3.00
Netball	Walking Netball - John Bunyan Sports & Fitness, Mile Road, Bedford	Ladies 16yrs+	Thursdays	18:30-19:30	£4.00
	Walking Netball - John Bunyan Sports & Fitness, Mile Road, Bedford	Ladies 16yrs+	Mondays	10:00-11:00	£4.00
Swimming	Water Workout - Oasis Pool, Cardington Road, Bedford (must be able to swim)	Mixed 16yrs+	Thursdays	18:45-19:45	£3.00
Gentle Stretch & Exercise Classes	Goldington Community Centre, 147 Church Lane, Bedford MK41 0PW	Mixed adults	Mondays	11:00-12:15	£2.00
	John Bunyan Sports & Fitness, Mile Road, Bedford (pay upstairs)	Mixed 18yrs+	Mondays	19:00-20:00	£2.00
Stretch & Balance	Harpur Suite, Harpur Square, Bedford	Ladies 18yrs+	Mondays	09:45-10:45	£3.00
Ladies Body Conditioning	Queens Park Community Centre, Marlborough Road, Bedford MK40 4LF	Ladies only	Mondays	11:00-12:00	£2.00
Fitness Pilates	Queens Park Community Centre, Marlborough Road, Bedford MK40 4LF	Ladies only	Wednesdays	11:00-12:00	£2.00
Tai - Chi	Bedford Central Library, Harpur Square, Bedford	Mixed 55yrs+	Mondays	12:30-13:30	£3.00
	The Higgins Bedford Art Gallery & Museum	Mixed 55yrs+	Tuesdays	10:00-11:00	£3.00
	John Bunyan Sports & Fitness, Mile Road, Bedford (pay upstairs in spin room)	Mixed adults 18yrs+	Thursdays	10:30-11:30	£3.00

Please see overleaf for terms and conditions

For more information on Just Turn Up sessions in your area:

www.bedford.gov.uk/justturnup

01234 718823

sport@bedford.gov.uk

Twitter: @youjustturnup

Facebook: bedfordsportsdevelopment





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Activity

Please be aware of the age bandings stated for individual sessions, however we welcome anyone above the minimum age who wishes to participate.

The sessions will continue to run providing there is a reasonable number of participants attending. Please check with our team for regular updates - contact details below, or follow us on Twitter.

All sessions will initially run for a 6-8 week block but may be extended. Please note activities are on a first come first served basis.

Health

You should only take part in the JTU Activities if you know of no medical or health related issue which would or could prevent you from undertaking any physical activity.

If you are unsure or have any concerns about your health please consult your G.P. beforehand.

Injury & Lost Property

Bedford Borough Council accepts no liability for any personal injury or damage to or loss of property occurring at the JTU Activities unless it is due to the negligence of the Council or one of its employees or anyone for whom the Council is legally responsible.

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