

# Herefordshire Community Network

## Support for Ukraine – information for guests

### Exercise classes in Hereford

**Halo** is a registered charity and social enterprise running 22 sport and leisure centres throughout Herefordshire, Bridgend County Borough, Shropshire, Swindon and Gloucestershire on behalf of the local authorities. Being a social enterprise means Halo trades for social purposes.

**Halo** – Halo is still running their support scheme. Available to customers who have arrived in the country within the last 3 months of the date they come into the centre - Visa evidence required.

Membership offer - *6 month membership*.

- £4 for 3 months for those aged 18+. Then £10 for 3 months.
- £2 for 3 months for those aged 17 and under. Then £10 for 3 months.

\*Children primary school age and younger only require a membership if they are enrolled in lessons, or attend public swimming/soft play regularly.

\*Limited to 1 lesson a week per membership.

#### List of classes :

Aerobic classes

Circuit training

Indoor cycling

Resistance classes

Dance classes

Water based classes



To find out more about gym and classes [go to the website or scan the QR code.](#)

[Halo Leisure | No Contract Leisure Centres In England & Wales](#)




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### HEREFORD GYM

Unit E, Spur Retail Park, Holmer Road, HR4 9SB [VIEW MAP](#)



**FROM £25.99 PER MONTH**  
NO CONTRACT GYM - leave any time

[JOIN NOW](#)

[MEMBERSHIP OPTIONS](#)


**Overview**      Personal Trainers      Classes

- No Contract
- Free Parking
- PTs available
- Air Con
- Free Wifi
- Over 2 floors

[TAKE THE 360° TOUR](#)

**Opening Hours:** 24 hours/day, 7 days a week

### WELCOME TO PUREGYM HEREFORD



**LOW MONTHLY PRICES**  
**NO CONTRACT**  
**QUALITY KIT**

[JOIN NOW](#)

**PureGym Hereford** offers members a range of the very best gym kit, dozens of weekly gym classes and a top fitness team - and all in one convenient location. Local gyms are designed to fit into smaller spaces which means they can bring affordable fitness into local communities across the country.

To find out more about gym and classes go to the website or scan the QR code.

[24 Hour Gym in Hereford from £25.99 | PureGym](#)



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[About Us](#) [Room & Hall Hire](#) [News](#) [What's On](#)

[Donate](#)



The Kindle Centre in Hereford offers a variety of exercise classes and activities.

### Parkinson's Exercise Class:

Gentle Exercise Class at The Kindle Centre

Every Tuesday – 10.30am to 11.30am

Just turn up on the day or contact Jane or Sue with any queries:

#### Sue

Email: [sue.cole487@googlemail.com](mailto:sue.cole487@googlemail.com)

Phone [01432 830487](tel:01432 830487)

#### Jane

Phone: [01432 839049](tel:01432 839049)

Email: [janeallcoat@fastmail.co.uk](mailto:janeallcoat@fastmail.co.uk)

Regular exercise will improve your strength, balance, posture and flexibility. It can also help with sleep, tiredness, your mood and mental health.



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This is a Seated exercise class for people affected by Parkinson's, or any other condition that restricts mobility.

It is also ideal for seniors, who would like to regain some fitness at their own pace.

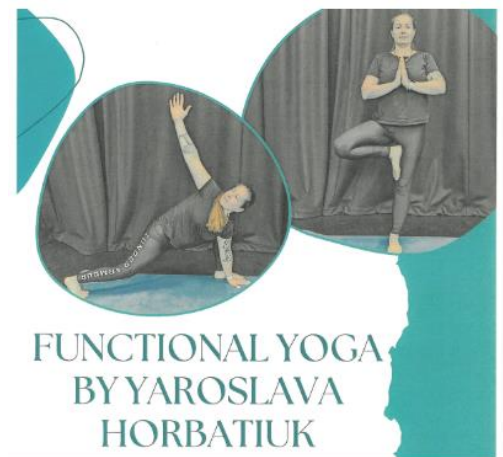
Tea, coffee and biscuits available.

### Functional Yoga

Join Yaroslava every Tuesday at 7pm for a 90-minute workout. Functional Yoga is great for your health, wellbeing and mobility.

£10 per class

Register by phoning Yaroslava on **07717505113** or email [yaroslavamassage@gmail.com](mailto:yaroslavamassage@gmail.com)



### Zumba

COME AND TRY FOR HALF PRICE – £2.50!

PLUS NEXT 3 CLASSES HALF PRICE TOO!

GET HAPPIER AND FITTER!

It runs from 7:00 PM to 8:30 PM.

Come and try our fun, exciting, friendly, dance fitness class!

Feel Happier, Get Fitter, Burn Calories!

Suitable For All!

More Info or to book your half price place –

[www.DanceElation.com/hereford](http://www.DanceElation.com/hereford)



**Zumba**

7:00pm – 8:30pm Kindle Centre



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### Dance with Baby

**Dance Exercises:** Enjoy fun routines with your baby.

**Sensory Play & Toys:** Keep your baby entertained.

#### Joint Exercises:

Strengthen together with baby-friendly workouts.

**Tea & Coffee:** Relax and chat with other mums.

**Meet Other Mums:** Connect and dance together.

#### Details:

**When:** Friday Mornings

**Time:** 9:30 AM – 11:30 AM

**Dates:** 14th June to 19th July

**Cost:** £3.00 per session

**For:** Newborns to 3 years old

**Bookings:** Contact Laura from MDC at 07891342184 or email [Melodydance@hotmail.co.uk](mailto:Melodydance@hotmail.co.uk).

Come dance, bond, and have fun with your baby!

**'Dance with Baby' for Mums!**  
MDC working in partnership with The Kindle Centre

- ♥ Fun Dance Exercises
- ♥ Sensory & Toys to Entertain baby
- ♥ Joint exercises and Core Strength for baby & Mum to experience together.
- ♥ Tea and coffee refreshment
- ♥ Meet other Mums & Dance together

**High Sheriff of Herefordshire**

- Held at The Kindle Centre
- Friday Mornings
- £3.00 a session

14th June to the 19th July.  
9.30-11.30am

Suitable from Newborn to 3 yrs

Bookings: Contact Laura from MDC  
07891342184.  
[Melodydance@hotmail.co.uk](mailto:Melodydance@hotmail.co.uk)

**Dance with Baby!**  
9:30 AM – 11:30 AM The Kindle Centre

To go to **The Kindle Centre** website use the link

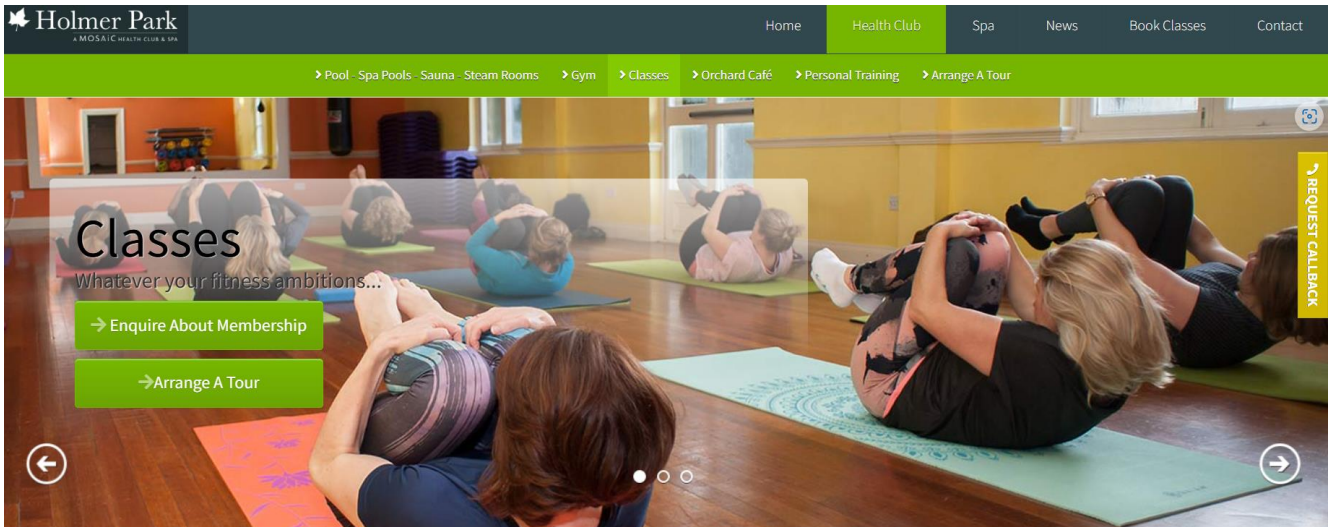
or scan the QR code.

[Health & Wellbeing - Kindle Centre](#)



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### Health Club & Spa in Hereford

Welcome to Holmer Park: an award-winning, friendly health and fitness club in Herefordshire. Luxurious Health Club includes a state-of-the-art gym, fitness classes and 20-metre pool. Premier Spa Day experiences and a wide range of beauty treatments.

You can relax you have found the best kept secret in Herefordshire. Holmer Park offers both a Health Club and Spa experience.

**An incredible** range of exercise classes are included as part of your membership! The Holmer Park instructors have the skills to get your heart racing, muscles toning and calories burning, whilst ensuring you have fun! Enjoy getting active in a **friendly** group environment and benefit from that extra motivation to give it your all.

To contact Holmer Park go to the website using the link, scan the QR code or call them.

Tel: 01432 370 222

[mywellness class booking](#)



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**ThePoint4** is a fully accessible gym, sports, leisure and hospitality complex owned by the Royal National College for the Blind (RNC) in Hereford.

**ThePoint4** shares its facilities with RNC allowing members to support the charity while accessing the gym and fitness classes that can be shared with the wider community.

With a range of quality instructors, the group exercise program is a great way to get a workout in without having to think or plan. They are a great way to help keep you motivated and to push yourself harder.

With classes for all abilities, there is the perfect class for everyone; from those on a serious fitness drive to others who want keep active with a supportive, like minded community.



To contact thePoint4 go to the website using the link or scan the QR code:

[Exercise Classes in Hereford - thePoint4](#)



Information correct as of 1.08.2024