

CENTRAL LANCASHIRE TIMETABLE APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Boxing Fitness 1pm - 2pm Daves Gym Business Centre, Unit 2 Yarrow Rd Chorley, PR6 0LP</p>	<p>STARTING 21st APRIL! Positive Change Wellbeing Session 10am - 12noon Oakham Court Preston PR1 3XP</p>	<p>Padel Ball 1pm - 2pm Padel Republic Brookfield Street Preston PR1 1NR</p>	<p>CGL Inspire Drop-In 10am - 12noon 75-79 Westgate Skelmersdale WN8 8LP</p>	<div data-bbox="1197 627 1551 1075"> <p>MINDFULNESS ON THE MAT STARTING TUESDAY 5th MAY</p>  <p>EVERY TUESDAY 2pm - 3pm Skelmersdale Ecumenical Center Northway WN86LU</p> <p>Free, weekly yoga sessions Open to all abilities Meet like-minded people and receive wellbeing support</p> <p>For more information, please contact: Claire Yates: 07724644600 / Liz North 07447517848 Email cyates@activelancashire.org.uk Visit www.ActiveLancashire.org.uk</p> <p>    </p> </div> <div data-bbox="1197 1131 1551 1617"> <p>SKELMERSDALE SPRING INTO STEP COMING SOON STARTING 4th MAY</p> <p>NEW DAY AND TIME MONDAY WALK 1PM - 2.30PM</p>  <p>Free, weekly walk and talk session Open to those of all abilities Meet like-minded people and receive wellbeing support</p> <p>MEET OUTSIDE SKELMERSDALE LIBRARY Every Monday 1PM - 2.30pm Skelmersdale Library, Southway WN86NL</p> <p>Claire Yates: 07724644600 / Liz North 07447517848 Email Office@ActiveLancashire.org.uk Visit www.ActiveLancashire.org.uk</p> <p>    </p> </div>
<p>STARTING 27th APRIL! Multi Sports & Community Hub 1.00pm - 2.30pm Tanterton Community Centre, Kidsgrove, Preston PR2 7BX</p>	<p>Walk & Talk 11am - 12noon Moor Park, Preston PR1 6AU (Meet at Rosemary on the Park Café)</p>	<p>Gym and Circuits 1.30pm - 2.30pm Live Health and Fitness Friday Street, Chorley PR6 0AA</p>	<p>Walk & Talk 11am - 12noon Avenham Park, South Meadow Lane, Preston PR1 8JP (Meet at the café in centre of park)</p>	
	<p>Yoga With Kath For Men and Women 1.30pm - 2.30pm The Harmony Hub 26-28 Market Street Chorley PR7 2RZ</p>		<p>Yoga 12.30pm - 1.30pm Foxton Centre Off Knowsley Street, Avenham Lane, Preston PR1 3SA</p>	
	<p>Boxing and Fitness 2.30pm - 3.30pm Soccer City (Unit at the back) Parker Street, Preston, Ashton-on-Ribble PR2 2AH</p>		<p>Badminton 7pm - 8pm West View Leisure Centre Ribbleton Lane, Preston PR1 5EP</p>	

For more details contact:

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FOR MORE INFO VISIT: activelancashire.org.uk

NORTH LANCASHIRE TIMETABLE APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>STARTING 20th April ! Steps to Strength Walking Group and Community Hub 10:30am CGL Inspire, The Paterson Centre, 75 St Albans Road, Lytham St Annes FY8 1XD</p>	<p>Grassroots Circuits Fleetwood 2:30pm The Pavillion, Fleetwood Memorial Park, Fleetwood FY7 7AQ</p>	<p>Badminton 1 - 2pm YMCA Fleetwood Leisure Centre, ESPLANADE, Fleetwood FY7 6HF</p>		<p>Badminton & Multisports 2:30-3:30pm Salt Ayre Leisure Centre, Doris Henderson Way, Lancaster. LA1 5JS</p>
<p>Badminton 2:30pm YMCA St Annes, St Albans Road, Lytham St Annes FY8 1XD</p>				

For more details contact Charlotte Wilkinson :
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