

Day	Time	Activity	Contact	Telephone	Email
WEEKLY ACTIVITIES					
Monday	09.30 – 10.30	Yummy Mummys	Sarah Lininsh	07790 406104	sarahduke82@hotmail.co.uk
	4.45 – 7.00	Slimming World	Corinne Tarbuck	07496 265251	sw.corinne@outlook.com
	Ask Contact	Pilates	Andrea Chambers	07522 709665	andrea.pilates@gmail.com
Tuesday	10.00 – 11.00	Senior Badminton	John Buckland	01904 492930	lesleybarker258@gmail.com
	10.45 – 12.15	Yoga	Edith Loney	07961 907402	edithloney@hotmail.com
	1.30 – 2.30	Move it or Lose It	Karen Hill	07305 030706	karen.WallaceHill@moveitorloseit.co.uk
	4.45 – 5.45	Children's Dance	Rebecca Welburn	07894 792176	bexgoodhall2006@yahoo.co.uk
	7.00 – 8.00	Tues Badminton	Terry Bourne	01904 766375	terry@thebournes.me.uk
Wednesday	09.30 – 12.00	Art Group	Meg Telford	07518 091412	megtelford@sky.com
	2.00 – 3.00	Ladies Badminton	Anne Bruce	07765 186697	annebruce57@outlook.com
	7.30 – 10.30	Table Tennis	Mark Hodgson		mrhcentury@aol.com
Thursday	10.00 – 12.00	Short Mat Bowls	Jenny Rutland	01904 849882	jmrutland2@gmail.com
	Sept to March				
	7.30 – 9.30	Thurs Badminton	Andy Ward	07940 528502	wardap@hotmail.com
Friday	09.30 – 10.30	Zumba Gold	Angela Robertson	07887 570590	angelarobertson1@googlemail.com
	11.15 – 12.15	Pilates	Andrea Chambers	07522 709665	andrea.pilates@gmail.com
	12.30 – 2.30	Fitness Circuits	Alex Burbridge	07720 762797	Alexburbridge8@gmail.com
	5.00 – 9.00	Karate	Simon Flint	07814	info@yorkkarate.co.uk
Saturday	10.00 – 12.00	Karate	Simon Flint	07814	info@yorkkarate.co.uk

Day	Time	Activity	Contact	Telephone	Email
MONTHLY ACTIVITIES					
2 nd & 4 th Tuesday	6.30 – 9.00	Parish Council Meeting	Parish Clerk	01904 491569	strensalltowthorpepc@outlook.com
3 rd Tuesday	6.30 – 9.30	Womens Institute	Sharon Massey		strensallhuntingtonwi@outlook.com
Last Wednesday	7.00 – 9.00	Local History	www.slhg.weebly.com		slhg@gmx.com
3 rd Thursday	2.00 – 4.00	Over 50's Club	Elizabeth Marquis	01904 492316	elizabethmarquis@talktalk.net
April & October	6.30 – 9.30	River Foss Society	Helen Button		info@riverfosssociety.co.uk