

Fitness activities

There are lots of activities, groups and classes in Newcastle that offer fun ways to be more active, get out and about, meet new people and keep fit.

- [badminton](#)
- [chair-based exercises](#)
- [climbing](#)
- [croquet](#)
- [cycling](#)
- [dancing](#)
- [exercise classes](#)
- [exercise classes for balance](#)
- [gentle exercise – after illness](#)
- [golf](#)
- [gym](#)
- [green gym](#)
- [hiking and trail running with your dog](#)
- [nordic walking](#)
- [pickleball](#)
- [pilates](#)
- [running](#)
- [swimming](#)
- [tai Chi](#)
- [target golf](#)
- [walking](#)
- [walking football](#)
- [yoga](#)
- [zumba](#)

You can find out more about the health benefits of taking exercise in our section on [Keeping physically active](#).

Badminton

[Tyneside Badminton Centre](#) run a Keenagers session for the over 50s every Wednesday and Friday from 10.30am to 11.30am. The sessions are suitable for all standards of play, from beginner to expert.

[Westerhope Community Association](#) run a regular Badminton Club. Search our [Events and Activities](#) section for Badminton for details.

Chair-based exercises

You don't have to move around much to take some kind of exercise. There are exercises that you can do while sitting down, or while standing up and holding on to a chair to help you. Chair-based exercise classes tend to be held in the community, for example in community centres, sheltered housing complexes and churches. [Active Newcastle](#) has more information on where classes are held in Newcastle.

[Yoga Therapies](#) run chair-based yoga classes on Fridays from 3pm – 4pm.

[St. George's United Reformed Church](#) have a seated gentle exercise class for the over 60s on Fridays from 1.15pm – 2pm. Classes cost £3. Contact Ann on 07979451798 for more information.

[Silverline Memories'](#) Zumba Gold Chair is seated exercise set to lively and energetic music.

Classes are held monthly on the third Wednesday of the month at Great Park Community Centre, from 2pm-3pm.

[St Martin's Centre](#) Byker run a Fit and Fab exercise class for over 55's on Fridays from 11am – 12pm. There is a £1.50 charge for this session and places must be booked by calling 0191 2764002. This class can also include people who wish to exercise from a chair.

[Click to return to the list](#)

Climbing

Climbing and bouldering is a great way to stay in shape. There are a few places where you can learn to climb or practice your climbing indoors in Newcastle such as

- [Climb Newcastle](#)
- [Sport Central](#)
- [Eldon Leisure](#)

[Click to return to the list](#)

Croquet

If you have enjoyed competitive sport in the past but now find games like tennis too physically taxing, croquet could be the game for you. There are many health benefits for older players; including gentle physical exercise, intellectual stimulation and warm sociability. It can also be played competitively or purely for pleasure.

[Tyneside Croquet Club](#) actively encourages new members. You can go along to try the game out at venues such as the old bowling greens in Exhibition Park and Nuns Moor Park.

[Click to return to the list](#)

Cycling

You can cycle by yourself or as with others as part of a group. As a group exercise, cycling encourages team building and leadership skills.

For information on cycling groups in Newcastle, visit [Active Newcastle](#). The following organisations may also be of interest;

[Bikeright](#) provide free cycle training for people over 16 who live, work or study in Newcastle. Training is suitable for all, from complete beginners learning to ride to more experienced cyclists who would like to brush up their skills and confidence to ride on roads.

[British Cycling](#) Lets Ride Programme organises traffic-free bike rides through major towns and cities and small local rides which are great for families and beginners.

[Cycling in the City](#) is Newcastle's campaign to get more people on their bikes and more active. On their website you can find, free guided bike rides, cycling training, bike maintenance, and information about where to get a bike.

[WATbike](#) organise regular guided bike rides, support and training for all abilities across the North East. They transport bikes and riders to various locations to offer longer bike rides such as Edinburgh and John O'Groats. Guided rides are usually on evenings or weekends. There's a small charge for transportation and support.

[The Breeze Network](#) can help you find a bike to ride, get some basic training and join other women who just want to enjoy a safe, local bike ride. There are opportunities to volunteer to encourage other women to get back on a bike.

[Newcastle City Council Cycling](#) have online advice and news on cycling in Newcastle including cycle routes and planning your journey.

[Recyke y'bike](#) refurbish and sell bikes at a low cost. They offer training on bike maintenance and bike services for a small fee. You can donate your old bike to be refurbished and sold on to help the charity or learn to fix it yourself in their workshop. It is a community project supporting people to access bikes and training including long-term unemployed people, those who have been homeless, and those with mental health problems.

[Sustrans](#) run the **Silver Cyclists group** with free guided bike rides for over 50's. They also offer training to help you to use your bike safely. They help people think about and change the travel choices they make and work to create better walking and cycling links, including the National Cycle Network, they're providing the space to make sure sustainable travel is not just a choice: it's the most obvious and convenient option.

[Sustrans](#) run **the Bike Garden** in Nuns Moor Park, a new space offering volunteer opportunities & training, weekly Dr Bike sessions for all local residents (3pm – 7pm every Wednesday) with led walks and rides.

[The Cycle Hub](#) is a cycling cafe and bike shop where you can stop for repairs, maintenance and

equipment. They host a range of activities from group rides, cycle classes and refresher training to shows and events.

[Click to return to the list](#)

Dancing

Anyone can enjoy dancing, regardless of age, shape, size, or whether or not you have danced before. Usually, you don't need any special equipment to be able to dance. You can dance as part of a group, or alone, and in a variety of places. The social side of dancing can reduce isolation and help you to build your confidence and self-esteem. The following organisations may also be of interest;

[Active Newcastle](#) for more information on dance sessions in Newcastle.

[Age UK Gateshead](#) run several different dance classes across Newcastle.

[Chapel House and District Community Association \(CHADCA\)](#) offer a range of dance classes including Irish and Line.

[Dance City](#) has an extensive programme of dance classes for people aged 55+. You can take part in classes, keep fit, learn new skills, watch performances and talk about dance. Classes include:

- **Tap Dancing** – for intermediate/advanced tappers.
- **Cuban Salsa** – Learn to salsa the Cuban way including footwork, rhythm/salsa beats and partner work. No partner required.
- **Ballet*** – New class created for the more mature body. Ballet targets core strength, flexibility, balance and alignment whilst challenging the mind through musicality and sequencing. This class is a wonderful way to stretch, learn, and engage your sense of expression through classical movement in a friendly and positive environment.
- **Pilates*** – Holistic exercise which elongates, strengthens and restores the bodies balance. This is a core strength class using controlled contractions of the abdominal and lower back muscles.
- **Dance for Parkinsons**
- **Dance for Dementia**

[Denton Youth and Community Project](#) offer dance sessions for all ages such as line dancing.

[East End Pool and Library](#) offer dance sessions for all ages such as line dancing.

[Heaton Community Centre](#) offers a range of dance classes including Morris.

[Helix Arts](#) run a free weekly dance workshop for anyone over 65. The dance workshops are held at West Denton Community Centre.

[The Jenian School of Dancing](#) have a variety of dance classes including ballroom, tango, salsacise and tea dances.

[Newcastle Dance Centre](#) has a programme of dance classes for all ages and abilities; whether you are a beginner, an accomplished professional, or just seeking extra enjoyment from dancing.

[The Blackfriars Centre](#) host tea dances and dance classes including Ceroc.

[Walbottle Village Institute](#) runs dance sessions including tango and line.

[Westerhope Community Association \(The Tute\)](#) offer a range of dance classes including Sequence and Line.

[Tea Dances](#) take place across Newcastle.

[Click to return to the list](#)

Exercise Classes

[Age UK Gateshead](#) offer a weekly programme of opportunities across the Newcastle where you can look after yourself, get to know new people and stay connected in your community by joining a class. Contact Age UK Newcastle for times, prices and more information. Classes include

- **Dance**
- **Keep fit**
- **Tai Chi**
- **Men's Keep Fit**

[West Denton Community Centre](#) have a programme of exercise classes, including, Zumba and Metafit. Contact them for more details.

[St Martin's Centre](#) Byker run a Fit and Fab exercise class for over 55's on Fridays from 11am – 12pm. There is a £1.50 charge for this session and places must be booked by calling 0191 2764002.

[Denton Burn Community Association](#) offer a programme of exercise classes.

[Jesmond Pool](#) offer a programme of exercise classes including Men's Keep Fit, yoga and swimming.

[Denton Burn Community Association](#) offer a programme of exercise classes.

[Chapel House and District Community Association \(CHADCA\)](#) offer a range of exercise classes including Kickboxing.

[Heaton Community Centre](#) offers a range of classes including Tai Chi and karate.

[Search](#) offers a gentle exercises class for Chinese people over 60 at the [North East Chinese Association](#) on Stowell Street.

[Click to return to the list](#)

Exercise classes for balance

[Healthworks](#) runs the **Staying Steady** programme. It is for anyone who is worried about their balance OR is afraid of falling OR has had a fall OR has osteoporosis. It will help to improve your balance to reduce the risk of you falling. Download a self-referral form from the Healthworks website.

[Jesmond Pool](#) also run their Standing Taller exercise class for the over 50s. This class might suit you if you've attended the Healthworks Staying Steady classes, or if you do other fitness activities and want to maintain your balance, strength and posture. Classes take place on Fridays from 11.30am -12.15pm at Jesmond Pool.

[Click to return to the list](#)

Gentle Exercise – after illness

If you have long term medical conditions, or you've always thought that exercise wasn't for you, it can be almost impossible to think of ways you can exercise safely, comfortably and enjoyably.

[Healthworks Next Steps – exercise class](#): This class involves gentle movement to music helping to gradually build up your fitness and your confidence.

[Healthworks social prescribing](#) Healthworks can work with you to organise a tailored made exercise programme suitable for you and your medical condition. They start slowly and help you to gradually build up your fitness and your confidence in the exercise equipment. You don't have to do anything that you don't want to or use equipment that you don't like and you won't be on your own in a room full of fitness fanatics. To get involved you will need to be referred to the scheme usually by your GP, Practice Nurse, health visitor or Physiotherapist. You can also download a referral form on their website.

[Walkerville Community Centre](#) offers gentle exercise classes.

[Search Newcastle](#) run a 'Mature Movers' gentle exercise class every Thursday from 1.30pm – 2.30pm at Benwell St John Church, Fergusons Lane. The class costs £1.50 per session.

[Click to return to the list](#)

Golf

[Active Newcastle](#) are holding beginner's golf sessions for men every Tuesday from May 2nd at Parklands Golf Course in High Gosforth Park.

[Click to return to the list](#)

Gym

[Healthworks](#) have 2 community facilities which you can access at a reduced rate.

[Leisure centres](#) are available across Newcastle.

[Click to return to the list](#)

Green Gym

[Groundwork](#) run The Green Gym for adults who have an inactive lifestyle, feel lonely, or have mental or physical health problems. You can 'work out' in your local community through activities such as litter picking, woodland management and hedge pruning. Training and support is available so you can develop skills and confidence. This helps to make new friends, learn new skills, increase your fitness, to be healthier and happier.

[Click to return to the list](#)

Hiking and trail running with your dog

[Canifit](#) offer hiking and trail running opportunities with your dog including Rising Sun Country Park and Weetslade.

Nordic Walking

[Groundwork](#) offer free Nordic Walking Sessions from Ouseburn Farm, Mondays 10am. The walks will last no longer than 1 hour and are great for getting/keeping fit, losing weight or just enjoying a nice walk with new friends. They supply the poles, just bring yourself and some comfortable walking shoes.

[Parklives](#) is a free and easy way for you to get the best out of your local park. You'll find a whole host of activities near you, including nordic walking, on their website.

[Active Newcastle](#) run nordic walking regularly every two weeks

[Click to return to the list](#)

Pickleball

Pickleball is a new sport to the UK- and played mainly by the over 50s- and is a "cross" between tennis, badminton and table tennis. They use a badminton court and a tennis height net and special paddles – about twice the size and thickness of a table tennis bat – and balls- all of which they provide.

[Newcastle Pickleball](#) play every Thursday at Tyneside Badminton Centre. It is a very easy game to pick up and is suitable for all ages including over 50s.

[Click to return to the list](#)

Pilates

Pilates combines western and eastern philosophies; teaching body awareness and breathing

techniques, as well as promoting strength, flexibility, balance and co-ordination.

[Active Newcastle](#) for more information on pilates sessions in Newcastle. See their Over 50s section

[Body Control Pilates](#) has a network of qualified teachers who work to a strict Code of Practice governing their teaching standards and professional ethics. Visit their website to look for a qualified teacher close to you.

[East End Pool and Library](#) offers pilates classes.

[Dance City](#) is expanding its programme for older people and offers Pilates classes.

[Walbottle Village Institute](#) runs pilates classes.

[Jesmond Community Leisure](#) run a Pilates class for people aged 60 +.

[Click to return to the list](#)

Running

Running is a great way to get your heart rate up and build your bone strength. You can gradually build up your speed, stamina and distance on your own. If you want to collaborate or run with friends why not join the [Newcastle Park Run](#) or [Good Gym](#) and combine with volunteering.

Swimming

[Leisure centres](#) and [swimming pools](#) section on Information Now has more information about activities or classes at your local swimming pool or leisure centre.

[Swim NE](#) provide adult swimming lessons in various swimming pools in Newcastle.

[Click to return to the list](#)

Tai Chi

Tai Chi originates from China and is a form of martial art which gently exercises the body, strengthens muscles, increases flexibility and improves balance. It is a great way of relaxing the mind and body, helping to combat the stresses and strains of everyday life.

[Age UK Gateshead](#) run Tai Chi classes in Community Venues in Newcastle.

[Search](#) run a weekly Tai Chi group for people aged over 50 on Tuesdays from 11.30am – 12.30pm at Fenham Association of Residents, Acanthus Avenue.

[Active Newcastle](#) has more information on tai chi sessions in Newcastle. Tai Chi is held at Community Hall, St Andrew's Church, Station Road, Benton, NE12 8AW on Mondays at 7pm.

Parklives is a free and easy way for you to get the best out of your local park. You'll find a whole host of activities near you, including Tai Chi, on their website.

[Click to return to the list](#)

Target Golf

Rookie Sports offers Target Golf. It is suitable for everyone, including older people, people with sensory impairments, and people in wheelchairs. It's a great way to meet new people and to get some gentle exercise.

[Click to return to the list](#)

Walking

Walking is an ideal way to get some fresh air. You can walk by yourself, or you can join others on an organised walk. There are some local organisations that provide support for walking activities, some of which are mentioned below.

Active Newcastle has information on organised walking groups in Newcastle.

Linskill Healthy Walks CIC provide organised Health Walks involving the local community to improve their health and fitness levels.

Live Well Walks are a part of Newcastle City Councils' Active Health. The walks are weekly from various starting places in and around the west of the city and on the quayside. They are short walks led by qualified instructors. To take part in these walks you must be referred by your GP and have a medical condition where walking is known to be beneficial to your particular condition.

Newcastle City Guides take people on guided tours around landmarks in Newcastle. You can join them on a range of public walking tours from May to September.

Newcastle & District CHA HF Rambling Club has been around since 1902. They organise 3 led walks a week and weekends away.

Newcastle Volunteer Ranger Service provides details of a number of self-led walks on countryside sites in Newcastle. Locations vary from areas of ancient woodland to country parks developed on reclaimed land. Ranger-led walks are also available by request.

Newcastle U3A – University of the Third Age has several walking groups, undertaking coastal strolls, nature walks and rambles. Members walk at a steady pace, giving plenty of time to look around and chat.

Ouseburn Trust have developed several heritage walks around the Ouseburn Valley. They also have a programme of organised walks and talks.

[Search Project](#) organises several different walking groups. Their Wednesday walking group meets on the last Wednesday of each month and lasts 2-3 hours. They also run an easy walking group which lasts around 20 minutes. You can download free Heritage walking trails for the West end of Newcastle from their website.

Dog Walking – You can find social dog walking groups via [Meetup](#). They're a great opportunity to meet new people, get out in the fresh air and find new places to go for a stroll.

[Walkerville Community Centre](#) has a walking group.

[walkit.com](#) encourages people to walk more by providing tools, making it clear how long a walk may take, what the benefits are, as well as providing maps and directions.

[Walk4Life](#) enables you to create short walks near where you live, to find way-marked miles, or track your progress. It also lists free walking events.

[Click to return to the list](#)

Walking Football

[Newcastle United Foundation](#) organise Walking Football sessions at various venues. Search our [Events](#) section for Walking Football.

[Blue Flames Sporting Club](#) run weekly Walking Football sessions for over 50's who enjoy football but perhaps haven't played for some years. Sessions cost £3 and take place on Tuesdays and Fridays.

[Active Newcastle](#) run regular walking football sessions in Newcastle East and West. For further information, contact [Matty](#) or [Noel](#) at the [Active Health](#) team or search our [Events](#) section for Walking Football.

[Click to return to the list](#)

Yoga

Yoga originated in India and combines exercise with posture, breathing and relaxation techniques. There are many different types of yoga.

[Active Newcastle](#) has information on yoga sessions in Newcastle

[British Wheel of Yoga](#) is a registered charity and is the governing body for yoga in Great Britain. They have a nationwide network of qualified teachers and can help you to find a class in your local area. They promote yoga classes to the general public.

[Healthworks Core Fusion – exercise class](#). A mix of Yoga, Pilates & callanetic moves that concentrate on working the core muscles, build stamina, strengthen, lengthen and stretch the body. You get out what you put in to the exercises and everyone works to their own level. It's suitable for any level of fitness and any age group.

[Healthworks Stretch and Relaxation at The Lemington Centre](#). This class blends Yoga,

Pilates and Tai Chi moves to stretch the muscles, work the spine, lubricate the joints, and strengthen the core, finished by guided relaxation to set you up for the day. A wonderful way to exercise and de-stress. Suitable for any level of fitness and any age group.

[Walbottle Village Institute](#) runs yoga classes.

[Yoga Therapies](#) offers lunchtime sessions of Yoga in the community where you can leave a donation for the class which will be used to support local causes.

[Parklives](#) is a free and easy way for you to get the best out of your local park. You'll find a whole host of activities, including Yoga, near you, on their website.

[Click to return to the list](#)

Zumba

Many Community Centres and local leisure centres offer Zumba classes including

[West Denton Community Centre](#)

[Gosforth Garden Village Association](#)

[Westerhope Community Association \(The Tute\)](#)

[Click to return to the list](#)

Last updated: March 3, 2020

Useful Organisations

Search Newcastle

Email: info@searchnewcastle.org.uk

Website: www.searchnewcastle.org.uk

Telephone: 0191 273 7443

Address: St Margaret's Church, NE15 6AR

Volunteer Rangers

Email: enquiries@newcastleparksandallotments.org.uk

Website: <https://urbangreennewcastle.org/get-involved/friends-of-groups>

Telephone: 0191 278 7878

Address: Ouseburn Parks Visitor Centre, NE7 7BQ

Newcastle U3A – University of the Third Age

Email: newcastleu3a@hotmail.com

Website: u3asites.org.uk/newcastle

Telephone: 0191 230 4430

Address: 5 Pink Lane, NE1 5DW

British Wheel of Yoga

Email: office@bwy.org.uk

Website: www.bwy.org.uk

Telephone: 01529 306 851

Address: 25 Jermyn Street, NG34 7RU

Body Control Pilates

Email: info@bodycontrol.co.uk

Website: www.bodycontrolpilates.com

Telephone: 020 7636 8900

Address: 35 Little Russell Street, WC1A 2HH

Dance City

Email: info@dancecity.co.uk

Website: www.dancecity.co.uk

Telephone: 0191 261 0505

Address: Temple Street, NE1 4BR

Newcastle Dance Centre

Email: info@newcastledancecentre.co.uk

Website: www.newcastledancecentre.co.uk

Telephone: 0191 273 9987

Address: 36-38 Grainger Park Road, NE4 8RY

Recyke y'bike

Website: www.recyke-y-bike.org

Telephone: 0191 265 4197

Address: 164 Brinkburn Street, NE6 2AR

Ouseburn Trust

Email: admin@ouseburntrust.org.uk

Website: www.ouseburntrust.org.uk

Telephone: 0191 261 6596

Address: Ouseburn Trust, NE1 2PQ

Healthworks

Email: enquiries@hwn.org.uk

Website: <https://www.healthworksnewcastle.org.uk>

Telephone: 0191 272 4244

Address: West End Health Resource Centre, NE4 8BE

West Denton Community Centre

Email: westdentoncommunitycentre@yahoo.co.uk

Website: www.wdcc.communitybookings.co.uk

Telephone: 0191 267 4242

Address: Hillhead Road, NE5 1DN

WATbike

Email: cycling.watbus@yahoo.co.uk

Website: <http://www.watbike.co.uk>

Telephone: 01661 825599

Address: Thorneyford Farm , NE20 0AJ

St Martin's Centre

Email: info@stmartinscentre.org.uk

Website: <http://www.stmartinscentre.org.uk>

Telephone: 0191 276 4002

Newcastle United Foundation

Email: daniel.hancock@nufc.co.uk

Website: <http://www.nufoundation.org.uk/>

Telephone: 0844 372 1892 Ext 8451

Address: St James's Park, NE1 4ST

Active Newcastle

Email: info@activenewcastle.co.uk

Website: www.activenewcastle.co.uk

Telephone: 0191 278 3129

Address: Leisure Services, NE6 2SZ

AccessAble

Email: hello@accessable.co.uk

Website: www.accessable.co.uk

Telephone: 01438 842710

Address: Unit 7 Arlington Court, SG1 2FS

Newcastle City Council Cycling

Email: road.safety@newcastle.gov.uk

Website: <https://www.newcastle.gov.uk/services/roads-pavements-and-streets/road-safety-and-training/bikeability-cycle-training>

Telephone: 0191 278 7878

Address: Civic Centre, NE1 8QH

Newcastle Cycling Campaign

Email: newcastle.cycling.campaign@gmail.com

Website: www.newcycling.org

Telephone: 07828 60 4349

Rookie Sports

Email: info@rookiesports.co.uk

Website: www.rookiesports.co.uk

Telephone: 0191 226 7356

Address: John Buddle Work Village, NE4 8AW

walkit.com

Email: contact@walkit.com

Website: walkit.com

Telephone: 0191 226 7356

Walk4Life

Website: www.walk4life.info

Telephone: 0191 226 7356

Newcastle City Guides

Email: visitorinfo@ngi.org.uk

Website: <http://www.newcastlegateshead.com/city-guides>

Telephone: 0191 226 7356

Newcastle & District CHA HF Rambling Club

Email: walking1902@tiscali.co.uk

Website: www.newcastlewalking.co.uk

Telephone: 0191 2668326

East End Pool

Website: <http://www.better.org.uk/leisure-centre/newcastle/east-end-pool>

Telephone: 0191 260 0507

Address: Hadrian Square, NE6 1AL

Tyneside Croquet Club

Email: tynesidecroquet@gmail.com

Website: <https://tynesidecroquet.org/>

Telephone: 07792 958 406

Address: Exhibition Park, NE2 4PZ

Denton Burn Community Association

Email: dentonburnca@outlook.com

Website: <https://www.dentonburncommunityassociation.co.uk/>

Telephone: 0191 274 1232

Address: Slatyford Lane, NE5 2UQ

The Breeze Network

Email: breeze@britishcycling.org.uk

Website: <https://www.letsride.co.uk/breeze>

Telephone: 0161 274 2117

Sustrans

Email: newcastle@sustrans.org.uk

Website: www.sustrans.org.uk

Telephone: 0191 261 6160

Address: Sustrans North East, NE1 8AF

Bikeright

Email: info@bikeright.co.uk

Website: <http://www.bikeright.co.uk>

Telephone: 0191 2767263

Address: The Cycle Hub, NE6 1BU

Denton Youth and Community Project

Email: info@dycp.org.uk

Telephone: 0191 264 7566

Address: Hillhead Road, NE5 1DN

Gosforth Garden Village Association

Email: info@ggva.org.uk

Telephone: 0191 264 7566

Address: Garden Village Community Centre, NE3 5DD

Blackfriars Community Centre and Venue

Email: bookings@svp-tyne.org.uk

Website: <http://www.svp-blackfriars.org.uk/>

Telephone: 0191 261 6027

Address: St Vincents, NE1 2TQ

Chapel House and District Community Association (CHADCA)

Email: chadca.centre@gmail.com

Telephone: 07758 256 780

Address: CHADCA Centre, NE5 1EG

Westerhope Community Association (The Tute)

Email: westhopecommunity@btconnect.com

Website: <http://westerhopecommunityassociation.co.uk/>

Telephone: 0191 267 3757

Address: Westerhope Community Association (The Tute), NE5 1DN

Heaton Community Centre

Email: heatoncc@hotmail.co.uk

Website: <http://www.heatoncc.org.uk/>

Telephone: 0191 276 6712

Address: Heaton Community Centre, NE6 5LT

Westerhope Methodist Church

Website: <https://www.westerhopemethodistchurch.com/>

Telephone: 0191 597 4993

Address: Westerhope Methodist Church, NE5 5HA

Blue Flames Sporting Club

Email: reception.blueflames@gmail.com

Website: www.blueflames.co.uk

Telephone: 0191 270 0885

Address: Whitley Park, NE12 9SF

Climb Newcastle

Email: info@climbnewcastle.com

Website: <http://www.climbnewcastle.com>

Telephone: 0191 276 2174

Address: Climb Newcastle, NE6 2DQ

The Cycle Hub

Email: enquiries@thecyclehub.org

Website: <http://www.thecyclehub.org/>

Telephone: 0191 276 7250

Great Park Community Centre

Email: info@greatparkcommunitycentre.com

Website: <http://www.greatparkcommunitycentre.com/>

Telephone: 0191 236 8196

Address: Great Park Community Centre, NE13 9BD

Coxlodge Community Centre

Telephone: 0191 2846167

Address: 9 Jubilee Road, NE3 3UR

Jenian School of Dancing

Email: info@jenian.co.uk

Website: www.jenian.co.uk

Telephone: 0191 236 5878

Address: Woodlands Hall, NE13 6JR

Women's Cycling North East

Telephone: 0191 236 5878

SwimNE

Email: hello@swimne.co.uk

Website: www.swimne.co.uk

Telephone: 0191 281 7678

Helix Arts

Email: info@helixarts.com

Website: <https://www.helixarts.com/>

Telephone: 0191 241 4931

Address: 2nd Floor, NE29 0AT

Cycling in the City

Email: liz.jackson@newcastle.gov.uk

Website: <http://cyclinginthecity.activenewcastle.co.uk/>

Telephone: 01912783390

YogaTherapies

Website: www.yogatherapies.co.uk

Telephone: 0191 447 9876

Address: YogaTherapies, NE6 5DE

Newcastle Pickleball

Email: harryandjessie46@aol.com

Website: <http://tynesidebadmintoncentre.co.uk/tyneside-pickleball/>

Telephone: 0782 7776101

Address: Tyneside Badminton Centre,

Parklives

Website: <https://www.parklives.com/>

Telephone: 0191 278 3129

Meetup

Website: <https://www.meetup.com/>

Telephone: 0191 278 3129

Jesmond Community Leisure

Email: info@jesmondcommunityleisure.co.uk

Website: <http://jesmondpool.online/>

Telephone: 0191 281 2482

Address: St Georges Terrace, NE2 2DL

Tyneside Badminton Club

Website: <http://tynesidebadmintoncentre.co.uk/>

Telephone: 0191 241 5385

Address: Tyneside Badminton Centre , NE5 2TA

Linskill Healthy Walks CIC

Email: linskillwalks@yahoo.co.uk

Website: <http://bit.ly/2FR4Aus>

Telephone: 0191 228 9475 or 07442 175 283

Age UK Gateshead in Newcastle

Email: advice@ageukgateshead.org.uk

Website: <https://www.ageuk.org.uk/gateshead/>

Telephone: 0191 477 3559

Address: House on the Hill, NE10 9LR

British Cycling

Email: KatherineKnox@britishcycling.org.uk

Website: <https://www.letsride.co.uk/>

Telephone: 07984390285

Address: British Cycling HQ, M11 4DQ

North East Chinese Association

Email: necancluk@hotmail.co.uk

Website: <http://necauk.org.uk/>

Telephone: 0191 261 8583

Address: 25-27 Stowell Street, NE1 4YB

The City Baths

Email: ncb-sales@fusion-lifestyle.com

Website: <https://www.city-baths.co.uk/>

Telephone: 07815 619141

Address: Northumberland Road, NE1 8SF

Related Articles

[10 Tips for good health](#)

[Benefits of being physically active](#)

[Parks and Gardens](#)

[Things to do in Newcastle](#)

[Leisure Centres in Newcastle](#)

[Food and friends](#)

[Weight management](#)