

# ACTIVE Adults

Cost effective ways to get active

Monday



What	Where	When	Cost	Contact
Social Meet ups	The Kings, Kelty	Every 2nd Monday at 1:15pm	FREE	kirsty.mcelhinney@fife.org.uk
Walks & Talks	Kelty Community Centre	Every 2nd Monday at 1:15pm	FREE	kirsty.mcelhinney@fife.org.uk
Yoga for everyone	Fife Cycle Park	Mondays at 5:15pm	FREE	01592 583487 cycle.park@fife.gov.uk
Andy's Man Club	Maxwell Centre	Mondays at 7pm	FREE	www.andysmanclub.co.uk

## Tuesday

What	Where	When	Cost	Contact
Family Walk and Talks	Maxwell Centre	Every 2 <sup>nd</sup> Tuesday at 9.30am	FREE	kirsty.mcelhinney@fife.org.uk
Changing Room Programme (Men's Mental Health)	Central Park, Cowdenbeath	Tuesdays at 6:45pm	FREE	07791 801557 or cowdeninthecommunity@gmail.com
Adult Physical Activity Class	Lochgelly Centre	Tuesdays at 9:15am	£1	healthwellbeing@fifeleisure.org.uk or 03451 555 555 ext. 402272

## Wednesday

What	Where	When	Cost	Contact
Bums Off Seats Walks	Lochore Meadows (fortnightly from 6 <sup>th</sup> Sept.) / Lochgelly Centre (fortnightly from 13 <sup>th</sup> Sept.	Wednesdays at 1pm	FREE	01592 583388
Women's Recreational Football	Cowdenbeath Leisure Centre	Wednesdays at 7pm	FREE	07791 801557 or cowdeninthecommunity@gmail.com
Benarty Fitness	Benarty Centre	Fridays at 9:30am	FREE	07749 712207

[See overleaf >](#)

# Thursday

What	Where	When	Cost	Contact
Walking Football	Cowdenbeath Leisure Centre	Thursdays at 11am	£3.80	01383 602305 or fifeleisure.org.uk
Yoga for Everyone	Fife Cycle Park	Thursdays at 10am	FREE	01592 583487 cycle.park@fife.gov.uk
Social Ballroom Dancing	Beath High School	Thursdays at 7:30pm	£5.40 (£3.80 with Super Fifestyle discount)	communityuse.beath@fife.gov.uk OR 01383 602346

# Friday

What	Where	When	Cost	Contact
Men's Recreational Football	Cowdenbeath Leisure Centre	Fridays at 7pm	FREE	07791 801557 or cowdeninthecommunity@gmail.com

# Saturday

What	Where	When	Cost	Contact
parkrun	Lochore Meadows	Saturday at 9:30am	FREE	www.parkrun.org.uk/lochoremeadows

See overleaf >