

# ACTIVE ADULTS

## COST EFFECTIVE WAYS TO GET ACTIVE NEARBY



### MONDAY

WHAT	WHERE	WHEN	COST	CONTACT INFO
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 Cyle Park	Mondays at 5:15pm	FREE	01592 583487 cycle.park@fife.gov.uk
Andy's Man Club	Central Park, Cowdenbeath	Mondays at 7pm	FREE	www.andysmanclub.co.uk

### TUESDAY

WHAT	WHERE	WHEN	COST	CONTACT INFO
Family Walks and Talks	Maxwell Centre	Every 2nd 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



See overleaf ►

## WEDNESDAY

WHAT	WHERE	WHEN	COST	CONTACT INFO
Bums Off Seats Walks	Lochore Meadows/Lochgelly Centre	Wednesdays at 1pm	FREE	01592 583388
Women's Recreational Football	Cowdenbeath Leisure Centre	Wednesdays at 7pm	FREE	07791 801557 or cowdeninthecommunity@gmail.com

## THURSDAY

WHAT	WHERE	WHEN	COST	CONTACT INFO
Walking Football	Cowdenbeath Leisure Centre	Thursdays at 11am	£3.80	01383 602305 or fifeleisure.org.uk
Yoga For Everyone	Fife Cyle Park	Thursdays at 10:00am	FREE	01592 583487 cycle.park@fife.gov.uk

## FRIDAY

WHAT	WHERE	WHEN	COST	CONTACT INFO
Benarty Fitness	Benarty Centre	Fridays at 9:30am (28th April for 8 weeks)	FREE	07749 712207
Men's Recreational Football	Cowdenbeath Leisure Centre	Fridays at 7pm (starting June 2023)	FREE	07791 801557 or cowdeninthecommunity@gmail.com

## SATURDAY

WHAT	WHERE	WHEN	COST	CONTACT INFO
Parkrun	Lochore Meadows	Saturdays at 9:30am	FREE	www.parkrun.org.uk/ lochoremeadows