

Day	Activity				
Monday	10-11am Walking Football Powerleague Soccerdome	10-11am Strength and Fitness St Mary's Community Hall Alvaston	10-11.30 Dance Active Eborn House/Leylands Estate	11am-12.30pm Chair based Alvaston Library	1-2.30pm Dance Active £1 Mackworth United Reformed Church
Tuesday	10.30 -11.30am Chair and Otago Indian Community Centre Normanton	11am Walk well Chaddesden Park	11am-12pm Fitness and Stability Pride Park Stadium	12.30-1.30pm Energiser Chaddesden Age UK	2-3pm Men's Asian Move & Strength Sinfin Moor Church
Wednesday	10.30am-12pm Healthy Bones Chaddesden Age UK	12.30-1.30pm Fitness Session & Stability Pride Park Stadium	10.30 – 12 Dance Active Littleover Methodist Church		
Thursday	10-10.45am Walk Well Normanton Park (meet Warwick Av)	10.30-11.30am Dance – seated and standing Parklands View	12-12.45pm Walk Well Alvaston Park (meet outside café)		
Friday	10am-11am Walking Football Powerleague Soccerdome	2-3pm Always Well Mackworth Community Centre			

Venue Details

DW/Powerleague, Derwent Parade, Derby, DE24 8W
 Pride Park Stadium, Pride Park, Derby, DE24 8XL
 Chaddesden Age UK Centre, Chaddesden Park, Derby, DE21 6LN
 Darley Abbey Village Hall, Darley Abbey Village Hall, Abbey Yd, Derby DE22 1DS
 Chaddesden Jubilee Club, 155 Chaddesden Lane Derby Derbyshire DE21 6LJ
 Mackworth United Reform Church, Mackworth Estate, Enfield Road, Derby DE22 4DG
 Mickleover Royal British Legion, 30 Poppyfields Dr, Derby DE3 9GB
 Parklands View, Bath Street, Derby DE1 3FG
 Mackworth Community Centre, Prince Charles Avenue, Derby, DE22 4BG
 Normanton Park, Warwick Avenue, Derby DE23 8DA
 Alvaston Library, 1252 London Rd, Derby DE24 8QP
 Alvaston Park, Meadow Lane, Derby DE24 8QQ
 Eborn House, 68 Layland Broadway DE22 1BA
 Indian Community Centre, Rawdon St Derby DE23 6QR

Team contact details

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