LET'S GET MOVING!

YOUR GUIDE TO PHYSICAL ACTIVITY AND WELLNESS IN SHREWSBURY (Winter 2026)





Walking and running:

- **Riverside patient group 'Talk & Walk' sessions**- see our website/social media or ask at reception for details of upcoming walks.
- **Parkrun**- a weekly, free 5km (3 mile) run/jog/walk. Every Saturday at 9am in the Quarry, all abilities welcome.
- **Shropshire shufflers**- inclusive running club based in Shrewsbury.
- **Age UK Shrewsbury walking group**- explore the local area and meet new people. Call 01743 233123 for more information.
- **Shrewsbury Muslim Centre walking group**- monthly walks including easy strolls and more challenging mountain routes. Call 01743 296140 for more information.
- **Men walking and talking group** (mental health walks)- meet at blue gates opposite St Chads 7pm on Wednesdays.
- **The Shrewsbury Ramblers**- walks in and around Shrewsbury. Call 01743 243754 for more information.
- **Blaze Trails**- Shropshire Parent and Baby walking group.

Gyms/sports facilities:

- **JD Gym**- Sundorne Retail Park
- **David Lloyd Shrewsbury** - Sundorne Road
- **Shrewsbury Sports Village**- Sundorne Road
- **Anytime Fitness**- Claremont Bank
- **Bannatyne**- Meole Brace
- **Pure Gym**- Meole Brace
- **Love2Stay**- gym/sports facilities and classes
- **The Quarry Swimming and Fitness Centre**
- **London Road Sports Centre**
- **Swimming pool finder:**



Other sport and leisure:

- **Strength and balance classes for age 60+**: (fill in the online referral form)
- Shropshire's Great Outdoors

  A guide to walking, cycling, horse riding, parks and activities in Shropshire.
- **Jenna Blair Yoga Wellbeing Centre (Belle Vue)**- a range of classes including yoga to support those living with cancer and chair yoga. Gentle yoga perfect for beginners including FREE Yoga for cancer classes.
- **Yogalicious Studio**- Yoga, Pilates and Meditation classes including beginners' yoga.
- **Shrewsbury Lawn Tennis Club**- includes walking tennis and tennis at a gentler pace.
- **Town Walls Tennis Club**
- **Shrewsbury Walking Tennis Club**- Cathie Sabin Community Tennis Centre in Sundorne
- **Age UK Walking Football**- women and men. Call 01743 233123 for more information.
- **Age UK fitness classes** (call 01743 233123 for more information):
  - Yoga for older people @ Bomere Heath Village Hall
  - Fitness for men classes- any ability, to improve strength, co-ordination and balance @ Shrewsbury United Reform Church
  - Sit to stand- gentle movement exercise to music @Shrewssbury United Reform Church
  - Zumba Gold- lower impact, suitable for older adults @ Theatre Severn

At home/self-directed:

- **Couch to 5k**- an exercise programme helping you to gradually build up exercise tolerance with the aim of being able to run 5km
- **Exercising with a health condition**- for advice on how to safely exercise with your health condition:

This is a general guide aimed at all patients.

For specific tailored advice, discuss this with a clinician or social prescriber. This is a non-exhaustive list of local opportunities that the surgery aware of. These are only suggestions to help with increasing your movement, no specific recommendations or endorsements are being made. The list is in no particular order.