

7 DAYS OF FOCUS WOMENS & GIRLS

Strong at Every Stage



MONDAY 2ND MARCH

Aqua Natal: 7:15pm – 8:15pm at Windsor Leisure Centre

Gym Inductions: 5pm – 9pm at Furze Platt Leisure Centre

Ramblers Wellbeing Walk: 10:30am – 12:15pm Dedworth to Windsor starting at Woody's café, Dedworth, SL4 5AY

Return to Exercise: 7:15pm – 8:15pm at Windsor Leisure Centre

Standing/Seated Exercise Session: 1pm – 2pm at Woodlands Park Village, SL6 3GW

Women's Walking Football: 8pm – 9pm at Maidenhead United FC, York Road, SL6 1SF

**To book contact:
activecommunities@leisurefocus.org.uk**

TUESDAY 3RD MARCH

Women's Walking Football: 12:30pm - 1:30pm at Braywick Leisure Centre

Aqua Fit: 7pm - 8pm at Newlands Leisure Centre

Short Mat Bowls: 10am - 12pm at Windsor Leisure Centre

Ramblers Wellbeing Walk: 10:30am - 12:15pm starting at Furze Platt, Maidenhead Cliveden View Car Park, SL6 7UA

Fitness for All: 12pm - 1pm at Maidenhead Community Centre, Marlow Road, SL6 7HY

Standing/Seated Exercise Session: 1pm - 2pm at Woodlands Park Village, SL6 3GW

Women's Health & Running Talk: 5:30pm - 6:30pm at Braywick Leisure Centre



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WEDNESDAY 4TH MARCH

**Women's Only Swim: 5:30pm - 6:30pm at
Newlands Leisure Centre**

**Women's Only Swim: 8:30pm - 9:30pm at
Newlands Leisure Centre**

**Pilates: 10:30am - 11:15am at Windsor
Leisure Centre**

10@10: 10am - 10:15am online Zoom call

Schools can book online via our sign up sheet sent from active communities email at bottom of the page.

**50+ Racket Sports : 2pm - 3:30pm at
Braywick Leisure Centre**

**Ramblers Well Being Walk: 10am - 11:30am
starting at Desborough bowls club Green
Lane, SL6 1XZ**



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THURSDAY 5TH MARCH

**Menopause talk by L.A.B: 1pm - 2pm at
Braywick Leisure Centre Meeting Room**

**Women's Football Maidenhead Strikers:
8pm - 9pm at Braywick Leisure Centre**

**HITT Workout: 10:45am - 11:30am at Windsor
Leisure Centre**



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FRIDAY 6TH MARCH

Back to Netball: 9:30am - 10:30am at Windsor Leisure Centre

Ramblers Well Being Walk: 10:30am - 11:30am starting at Windsor Leisure Centre

Gym Inductions: 5pm - 9pm Cox Green Leisure Centre

TRX Express Class: 9:30am - 10:15am at Windsor Leisure Centre

Mixed Walking Football: 7:30pm - 8:30pm Bisham Abbey National Sports Centre



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SUNDAY 8TH MARCH

11 - 13 year old E-Gym Inductions: 12pm - 2pm at Braywick Leisure Centre

Dumbbell Strength Training: 11am - 11:45am
Windsor Leisure Centre

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