

LEISURE  FOCUS  
OPERATING AGENT FOR



# 7 DAYS OF FOCUS WOMENS & GIRLS

*Strong at Every Stage*





# MONDAY 2<sup>ND</sup> MARCH

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

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

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

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

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

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

To book contact:  
[activecommunities@leisurefocus.org.uk](mailto:activecommunities@leisurefocus.org.uk)



# TUESDAY 3<sup>RD</sup> MARCH

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

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

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

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

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

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

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



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# WEDNESDAY 4<sup>TH</sup> MARCH

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

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

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

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**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.

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

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



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# THURSDAY 5<sup>TH</sup> MARCH

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

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

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



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# FRIDAY 6<sup>TH</sup> MARCH

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

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

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**Gym Inductions: 5pm – 9pm Cox Green Leisure Centre**

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

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



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# SUNDAY 8<sup>TH</sup> MARCH

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

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

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