



Torridge Activity Directory

Your local guide to moving more in the Bideford and Torrington areas.



About this Directory

This directory has been created for people living in Bideford, Torrington and the surrounding areas who are looking to move more, returning to activity after a break, or simply looking to build healthier habits and lifestyles.

Inside, you'll find a wide range of local activities and clubs – from gentle and seated options to more active sessions – so there's hopefully something for everyone.

We've also included a range of online resources and links to help you start moving more from the comfort of your own home.

Please note that session details can change. We always recommend contacting the club or provider before attending to check the latest information and to have a chat about your needs, so you can be sure the session is right for you.

All activities listed in this directory are attended at your own discretion and risk. We encourage you to consider your own health, fitness level and circumstances and to speak to the activity provider before attending if you have any concerns or specific needs.

If you have an existing health condition or are unsure whether an activity is suitable for you, you may wish to seek advice from a healthcare professional before taking part.



[Discover Bideford](#) – an up-to-date guide to all things Bideford.



[Moving Medicine](#) – this is an incredible resource which is trusted by GPs to advise patients on how to move safely if they have a medical condition. You can search by symptom, condition or how you'd like to move.



[We Are Undeatable](#) – find out how to get active safely when living with a health condition.



[Better Health NHS](#) – a simple website stacked with advice and guidance on how to make positive lifestyle changes, from quitting smoking and drinking less alcohol to moving more and taking care of your mind. With lots of links to NHS initiatives such as [Couch to 5K](#), [Active 10](#), [Couch to Fitness](#), [This Girl Can](#) and a range of [home workout videos](#)



[Devon Connect](#) – use this online community hub to explore local activities, events and volunteering opportunities.



If you fancy doing some good whilst moving more check out Earth Action North Devon's regular [Community Cleans](#), from beaches to the Tarka Trail and towns and villages in between, there is a real sense of community at these regular events and usually a cuppa and refreshments too.



Finding it tricky to get onto the beach? [Access for All](#) offers beach wheelchairs and rollators at Saunton, Croyde, Woolacombe, Putsborough and Combe Martin to make beach visits more accessible.

Steady On Your Feet, Falls Management Exercise (FaME)

[Steady On Your Feet](#) is a campaign led by the NHS and local authorities to help increase confidence and reduce the risk of falls. Visit the [website](#) for advice, guidance and resources designed for anyone worried about feeling unsteady on their feet. They aim to equip people with simple tips to stay active, independent and safe during everyday activities. You can complete a self-assessment which is designed to help you stay active, maintain your independence as you age, and reduce your risk of falling.

Online Resources

There is an overwhelming amount of content online! Here are a few trusted providers if you're looking for inspiration to start moving more in the comfort of your own home.

- [Joe Wicks](#) – a huge range of YouTube videos to explore, including a 7-day Seniors Workout Challenge. Helping you to get moving in the comfort of your own home.
- [Move it or Lose it](#) – A range of videos aimed at those looking to boost basic mobility.
- [ElderFit TV](#) – A YouTube channel dedicated to helping people over 60 transform their lives by improving strength, balance, mobility, and independence through exercise.
- [Yoga With Adriene](#) – with options to search by practise length, focus area (e.g. shoulders and neck or lower back), seated sessions, 30-day challenges and beginner guides, this is a great channel for anyone looking to give yoga a try.
- [The Girl with the Pilates Mat](#) – Search the Seniors and Gentle Beginners Pilates playlist for over 100 videos guiding you through seated, standing or wall-pilates and mat-based if you're happy getting up and down from the floor.

Activity Providers – 1

- Archery [Kenwith Company of Archers](#)
- Athletics [Bideford Amateur Athletics Club](#)
- Badminton [Atlantic Racquet Centre](#)
- Baseball [Torrington Riptides Baseball Club](#)
- Bird Watching [Torridge U3A Bird Watching Group](#)
[Devon Birds](#)
- Bowls [Great Torrington Bowling Club](#)
[Kingsley Indoor Bowling Club](#)
[Bideford Bowling Club](#)
[Victoria Park Bowling Club](#)
- Boxing [Bideford Boxing Club \(Parkinsons Group\)](#)
- Canoeing [Bideford Canoe Club](#)
[North Devon Explorers](#)
- Walking Cricket [Bideford, Littleham & Westward Ho! Cricket Club](#)
- Cycling [Tidal & Trail Bicycle Hire](#)
[Free Cycle Confidence Sessions](#)
[North Devon Velo](#)
[Addicts to Athletes](#)
- Dance [Phoenix Line Dance Club](#)
[Burlesque & Chair Burlesque Dance Class](#)
[ChaSamba Fitness](#)
[Dance Fit with Rita Farmer at Function Fitness](#)

Activity Providers – 2

Dance

[Jive Dancing – Step into Swingtime](#)

[Zumba with Wendy](#)

[Andigwa Dance with Rebecca Jeffrey](#)

[Streetz Dance Company with Amy Avery](#)

[Motion Dance for adults with additional needs](#)

[Clubbercise, Bideford](#)

[Dance Fit at Torridge Leisure Centre](#)

[Line Dancing at Torridge Leisure Centre](#)

[Line Dancing at Kingsley Hall](#)

- Darts

[Bideford & District Darts League](#)

- Fishing

[Bideford & District Angling Club](#)

- Fitness Classes

[Active Torridge](#)

[Vista Wellbeing CIC](#)

[Function Fitness Gym, Torrington](#)

[Atlantic Racquet Centre](#)

[Pure Gym](#)

[G4Gym](#)

[Hive Health & Wellbeing](#)

[Power House Gym](#)

[Total Mind & Body Wellness, Debbie O'Keefe](#)

[Emma Austin Health & Fitness](#)

[Leanne Avery Personal Training](#)

[Chantal Law Fitness & Pilates](#)

[Harris Fitness Consultancy](#)

[Ros McAlister – Personal Trainer](#)

[Catherine Short, Shortielocks Wild Fitness](#)

Activity Providers – 3

- Walking Football
 - [Bideford Walking Football Club](#)
 - [Torriceside Over 50's Walking Football](#)
- Frisbee Golf
 - [Ultimate Adventure Centre](#)
- Gardening
 - [Torrice Growing Together](#)
 - [RHS Community Gardening](#)
- Golf
 - [Great Torrington Golf Club](#)
 - [Royal North Devon Golf Club](#)
- Mindfulness
 - [Torrice U3A Mindfulness & Wellbeing Group](#)
- Petanque
 - [Westward Ho! Petanque Club](#)
- Pickelball
 - [Atlantic Racquet Centre](#)
- Pilates
 - [Active Torrige](#)
 - [LB Movement](#)
 - [Quay Movement](#)
 - [Chantal Law Fitness & Pilates](#)
 - [Discover Pilates](#)
 - [Personal Pilates](#)
- Roller Derby
 - [North Devon Roller Derby](#)
- Rowing
 - [Bideford Amateur Athletic Club](#)
 - [Bideford Amateur Rowing Club](#)
- Running
 - [Bideford Amateur Athletic Club](#)
 - [Park Run](#)
 - [Addicts to Athletes](#)
- Sailing
 - [North Devon Yacht Club](#)
 - [Appledore Sails](#)

Activity Providers – 4

- Seated Movement
 - [Vista Wellbeing CIC](#)
 - [Zumba Gold](#)
 - [Gentle Yoga](#)
 - [Move it or Lose it](#)
 - [Gentle Chair Movement](#)
 - [Merryatrics, Northam Care Trust](#)
- Self Defence
 - [Ronin Krav Maga](#)
 - [Devon Wado Ryu Karate](#)
- Snooker
 - [Bideford & District Snooker League](#)
 - [Torridge U3A Snooker Group](#)
- Surfing
 - [North Devon Surf School](#)
- Swimming
 - [Active Torridge, Northam Pool](#)
 - [Active Torridge, Torrington Pool](#)
 - [Chill Cold Water Swimming](#)
 - [Westward Ho! Blue Tits Sea Swimming Group](#)
 - [Hold Fast Cold Water Swimming \(Men's Group\)](#)
- Table Tennis
 - [Atlantic Racquet Centre](#)
- Tai Chi
 - [Highest Springs Tai Chi & Chi Gung](#)
 - Tai Chi with [Ian Godfrey](#)
- Tennis
 - [Westward Ho! Tennis Club](#)
 - [Hartland Tennis Club](#)
 - [Woolsey Tennis Club](#)

Activity Providers – 5

- Walking Tennis [U3A Walking Tennis](#)
- Walking [Nordic Walking with Vista Wellbeing](#)
[U3A Walking Groups](#)
[Wander Women](#)
[Torridge Walk & Talk](#)
[Devon Bootlegs Walking Group](#)
[Ramblers](#)
[South West Coast Path](#)
[Alpaca & Goat Walking](#)
- Yoga [Bideford Yoga](#), Nicola Macdonald
[Elska Yoga](#), Helen Amey
[Shanti Yoga Studio](#), Hannah Lenton
[Yoga With Atsuko](#), Atsuko Kato
[FREE Yoga in Bideford](#)
[Life Balance Yoga](#), Ruth Chambers
[Active Torridge](#)

Calendar of Activities

Day	Activity	Time	Area	Venue	Contact
Monday	Aqua Fit	9.30am – 10.15am	Northam	Torridge Leisure Centre	Active Torridge Website Tel: 01805640995 Email: hello@activetorridge.co.uk
Monday	Yoga	9.30am – 10.30am	Hartland	Hartland Parish Hall	Email: breezeyogabude@gmail.com Tel: 07539270792
Monday	Gentle Yoga (can be seated)	9:30am – 10.30am	Bideford	Northam Hall	Nicola MacDonald Tel: 07968898847
Monday	Pilates	10:00am -11:00am	Torrington	Castle Community Centre	Active Torridge Website Tel: 01805640995 Email: hello@activetorridge.co.uk
Monday	Yoga	10am – 11.30am	Bideford	Alwington Village Hall, Fairy Cross	Atsuko Kato Tel: 07500497162, Email: info@yogawithatsuko.co.uk
Monday	Stretch & Tone	10.30am – 11.30am	Torrington	Castle Community Centre	Active Torridge Website Tel: 01805640995 Email: hello@activetorridge.co.uk
Monday	Move It or Lose It Seated & Standing Exercise	10:30am – 11.30am	Bideford	Appledore Blue Lights Hall	Claire Parsons Tel: 07966 166953 Email: claire.parsons@moveitorloseit.co.uk
Monday	Feel Good Fit Club	11am – 11.45am	Abbotsham	Abbotsham Village Hall	Emma Austin Tel: 07827922644
Monday	Yoga (Gentle class)	11am – 12pm	Bideford	Northam Hall	Nicola MacDonald Tel: 07968898847
Monday	Aqua Fit	12pm -12.45pm	Torrington	Torrington Swimming Pool	Active Torridge Website Tel: 01805640995 Email: hello@activetorridge.co.uk
Monday	Table Tennis, Senior Bat & Chat Session	2pm – 3.30pm	Northam	Northam Community Association Hall	Marcus Berry, North Devon Table Tennis League Tel: 07929 823 185 Email: marcusj.berry@outlook.com
Monday	Bowling	2pm & 6pm	Torrington	Great Torrington Bowling Club The Green Castle Street	Great Torrington Bowling Club Website Tel: 01805 624761
Monday	Sculpt & Stretch	5.30pm – 6.15pm	Torrington	GTS Gym	Amy Avery Tel: 07854975823, Email: amyavery10@yahoo.com
Monday	Yoga	6pm – 7.15pm	Appledore	Appledore Blue Lights Hall	Atsuko Kato Tel: 07500497162, Email: info@yogawithatsuko.co.uk
Monday	Bowls	6pm	Bideford	Bideford Bowling Club	Tel: 01237 47224 Email: windyridge37@btinternet.com
Monday	ChaSamba Dance Fitness	6.30pm – 7.30pm	Bideford	Abbotsham Village Hall	Tel: 07565135123 Email: info@fit-as.online ChaSamba Website
Monday	50+ Walking Football	7pm – 8pm	Bideford	Kingsley School, Bideford AFC Walking Football	Email: Bidefordwalkingfc@gmail.com.
Monday	Pickleball	7pm - 8pm	Bideford	Atlantic Raquet Centre	ARC Website Tel: 01237 879688 Email: info@atlanticracquetcentre.co.uk

Day	Activity	Time	Area	Venue	Contact
Monday	Self Defence Krav Maga	7pm – 8pm	Northam	Northam Community Association Hall	Lindon Email: RKMDevon@outlook.com Tel: 07852 625172
Monday	Burlesque & Chair Burlesque Classes	7pm - 9pm	Northam	Northam Hall	Northam Hall Website
Monday	Short Mat Bowls	7pm – 9pm	Westward Ho!	Kingsley Hall	John Crossman Tel: 01237 475591 Email:johncrossman@live.co.uk
Tuesday	Standing Yoga 'Whatever the Weather'	9.15am – 10am	Bideford	Victoria Park	Nicola MacDonald Tel: 07968898847
Tuesday	Aquafit	9.30am – 10.15am	Northam	Torrige Leisure Centre	Active Torrige Website Tel: 01805640995 Email: hello@activetorrige.co.uk
Tuesday	Zumba	9.30am – 10.30am	Westward Ho!	Kingsley Hall	Wendy Cox Tel: 07787607322 Email: wendy.cox@btinternet.com
Tuesday	Zumba	9.30am – 10.30am	Westward Ho!	Kingsley Hall	Wendy Cox Tel: 07787607322 Email: wendy.cox@btinternet.com
Tuesday	Line Dancing	10:00am -11:15am	Torrington	Torrington Scout Hut	Amy Avery Tel: 07854975823 Email:amyavery10@yahoo.com
Tuesday	Very Gentle Chair Moves	10am – 10.45am	Hartland	Hartland Parish Hall	Rebecca Jeffrey Tel: 07788475173
Tuesday	Gentle Chair Movement	10am – 10.45am	Hartland	Hartland Parish Hall	Rebecca Jeffrey Tel: 07788475173
Tuesday	U3A Snooker	10am – 12pm	Bideford	Kingsley Snooker Hall	U3A Contact Form: Group Leader: Dennis Pavitt
Tuesday (2nd & 4th of month)	Walking Group	10am - 12pm	North Devon	Various	Email: huw@Southwest coastpath.org.uk
Tuesday	Dancing	10am-12pm	Torrington	The Plough	The Plough Website
Tuesday	Pilates	10:15am-11:15am	Torrington	Castle Hill Community Centre	Active Torrige Website Tel: 01805640995 Email: hello@activetorrige.co.uk
Tuesday	Stridez Line Dancing	10.30am – 11.15am	Torrington	Torrington Scout Hut	Amy Avery Tel: 07854975823 Email: amyavery10@yahoo.com
Tuesday	Yogawise	10.30am – 11.30am	Torrington	Castle Hill Community Centre	Active Torrige Website Tel: 01805640995 Email: hello@activetorrige.co.uk
Tuesday	Yoga	10.30am – 11.30am	Bideford	Northam Hall	Nicola MacDonald Tel: 07968898847
Tuesday	Just 50+ Mobility Swim Session	10.30am – 12pm	Torrington	Torrington Swimming Pool	Active Torrige Website Tel: 01805640995 Email: hello@activetorrige.co.uk
Tuesday	Walk and Talk	10:30am - 12.30pm	Torrington	Puffing Billy or Sydney House	Torrige Walk & Talk Website
Tuesday	Tai Chi - TorrAGE	11.45am – 12.45pm	Northam	Northam Community Centre	Tel: 01237 420130

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Tuesday	Tai Chi	11.45am – 12.45pm	Northam	Northam Hall	Ian Godfrey Tel: 07754 251542 Email: vintageworrier.uk@gmail.com
Tuesday	Lets Dance Fit	11am – 12pm	Hartland	Hartland Parish Hall	Rebecca Jeffrey Tel: 07788475173
Tuesday	Andigwa Dance Fitness	11am – 12pm	Hartland	Hartland Parish Hall	Rebecca Jeffrey Tel: 07788475173
Tuesday	Mindful Movement – 10 week course	12pm – 1.30pm	Torrington	Castle Hill Community Centre	Helen Amey Tel: 07870998839 Email: elskayoga108@gmail.com
Tuesday	Aqua Fit	12pm -12.45pm.	Torrington	Torrington Swimming Pool	Active Torridge Website Tel: 01805640995 Email: hello@activetorridge.co.uk
Tuesday	Gentle Mat Based Pilates	12.15pm – 1.15pm	Torrington	Function Fitness, Eric Palmer Centre	Lou Bond Email: lou@lbmovement.co.uk Tel: 07852 404830
Tuesday	Parkinsons Boxing	1pm – 2pm	Bideford	Bideford Boxing Club, Pollyfield Community Centre	Facebook Page
Tuesday	Chair Yoga	2.30pm - 3.30pm	Torrington	Methodist Church Hall	Ruth Chambers, Tel: 07789 020668 Email: ruthchambers@gmail.com
Tuesday, (last of month) (and online)	Tai chi	3pm – 4.30pm	Northam	Northam Community Association Hall	Tel: 07816 250097 Email: info@highestsprings.com
Tuesday	Yoga	4pm – 5pm	Bideford	Burton Art Gallery	Atsuko Kato Tel: 07500497162 Email: info@yogawithatsuko.co.uk
Tuesday	Kettlebellz	5.30pm – 6.15pm	Torrington	GTS Gym	Amy Avery Tel: 07854975823 Email: amyavery10@yahoo.com
Tuesday	Legs, Bums & Tums	6.30pm – 7.15pm	Torrington	GTS Gym	Amy Avery Tel: 07854975823 Email: amyavery10@yahoo.com
Tuesday	Ramblers Walking Group	6pm – 8pm	Bideford	Various	Gemma Tel: 07305 728883
Tuesday	Yoga	7pm – 8.30pm	Bideford	Alwington Village Hall, Fairy Cross	Atsuko Kato Tel: 07500497162 Email: info@yogawithatsuko.co.uk
Tuesday	Yoga For Beginners	7pm – 8pm	Torrington	Castle Hill Community Centre	Helen Amey Tel: 07870998839 Email: elskayoga108@gmail.com
Tuesday	Zumba	7.15pm – 8.15pm	Northam	Northam Community Centre	Wendy Cox Tel: 07787607322 Email: wendy.cox@btinternet.com
Tuesday	Darts	8pm	Bideford	Bideford & District Darts League	Email: david.slade694@gmail.com
Wednesday	Dance Fit	9.30am – 10.30am	Northam	Torridge Leisure Centre	Active Torridge Website Tel: 01805640995 Email: hello@activetorridge.co.uk
Wednesday	Yoga	10am – 11.30am	Bideford	Alwington Village Hall, Fairy Cross	Atsuko Kato Tel: 07500497162 Email: info@yogawithatsuko.co.uk

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Wednesday	Clubbercise	10am – 11am	Bideford	The Robins Nest, Bideford AFC	Clubbercise Website
Wednesday	U3A Snooker	10am – 12pm	Bideford	Kingsley Snooker Hall	U3A Contact Form Group Leader: Dennis Pavitt
Wednesday	Foundation Reformer Pilates	10.30am – 11.30am	Bideford	Quay Movement	Lou Bond Email: lou@lbmovement.co.uk Tel: 07852404830
Wednesday	Walk and Talk	10:30am – 12pm	Bideford	Victoria Park	Torrige Walk and Talk Website
Wednesday	Walk and Talk	11am – 1pm	Torrige	Various	Torrige Walk and Talk Website
Wednesday	Vista Circuits	11.30am - 12.30pm	Westward Ho!	Baptist Church Hall	Vista Wellbeing Website Tel: 07900 041 258 Email: info@vistawellbeing.org.uk
Wednesday	Andigwa Dance Fitness	11.30am – 12.30pm	Littleham	Littleham Village Hall	Rebecca Jeffrey Tel: 07788475173
Wednesday	Aquafit	12.00pm - 12.45pm.	Torrington	Torrington Swimming Pool	Active Torrige Website Tel: 01805640995 Email: hello@activetorrige.co.uk
Wednesday	Mixed Ability Mat Pilates	12.15pm – 1.15pm	Torrington	Function Fitness, Eric Palmer Centre	Lou Bond Email: lou@lbmovement.co.uk Tel: 07852 404830
Wednesday	Line Dancing	12.15pm – 1.15pm	Northam	Torrige Leisure Centre	Active Torrige Website Tel: 01805640995 Email: hello@activetorrige.co.uk
Wednesday	Pilates	1.15pm – 2.15pm	Torrington	Castle Community Centre	Active Torrige Website Tel: 01805640995 Email: hello@activetorrige.co.uk
Wednesday	Vista Balance	1.30pm - 2.30pm	Westward Ho!	Baptist Church Hall	Vista Wellbeing Website Tel: 07900 041 258 Email: info@vistawellbeing.org.uk
Wednesday	Chair Based Yoga	2pm - 3pm	Bideford	Westleigh Village hall	Sara Cheesman Tel: 07483801402
Wednesday	Yoga	2.15pm – 3.15pm	Torrington	Castle Community Centre	Active Torrige Website Tel: 01805640995 Email: hello@activetorrige.co.uk
Wednesday	Yoga	5pm - 6pm	Torrington	Castle Community centre	Active Torrige Website Tel: 01805640995 Email: hello@activetorrige.co.uk
Wednesday	Yoga	6pm – 7.15pm	Appledore	Appledore Blue Lights Hall	Atsuko Kato Tel: 07500497162 Email: info@yogawithatsuko.co.uk
Wednesday	Step Class	6.30pm – 7.15pm	Torrington	Torrington Scout Hut	Amy Avery Tel: 07854975823 amyavery10@yahoo.com
Wednesday	Women's Walking Group	6.30pm - 8.30pm	North Devon	Various	Wander Women Website
Wednesday	Step Fitness	6.45pm - 7.30pm	Torrington	Torrington Scout Hut	Amy Avery Tel: 07854975823 amyavery10@yahoo.com
Wednesday	Burlesque	7 – 8pm & 8 – 9pm	Northam	Northam Hall	Claire Harris Tel: 07793 317847

Day	Activity	Time	Area	Venue	Contact
Wednesday	Walking football	7pm - 8pm	Torrington	Great Torrington School	Torriddgeside Website
Wednesday	Morris Dancing	7pm – 9pm	Bideford	Bideford Baptist Church Hall	Bideford Phoenix Morris Dancers Sally: Tel: 01271 861714 Email: info@bidefordphoenix.co.uk
Wednesday	Line Dancing	7.30pm -9pm	Bideford	Kingsley Hall	Kingsley Hall Website
Thursday	Step N Tone	9.30am – 10.15am	Torrington	Torrington Scout Hut	Amy Avery Tel: 07854975823 amyavery10@yahoo.com
Thursday	Online Zumba	9.30am – 10.15am	ONLINE	ONLINE	Tel: 07787607322 Email: wendy.cox@btinternet.com
Thursday	Mummy fit club	9:30am - 10:30am	Northam	Northam	Emma Austin Tel: 07827 922644 Email:emmaaustinfitness@hotmail.com
Thursday	Aquafit	10.30am – 11.15am	Torrington	Torrington Swimming Pool,	Active Torridge Website Tel: 01805640995 Email: hello@activetorridge.co.uk
Thursday	DanceFit	10.30am – 11.30am	Torrington	Function Fitness	Rita Farmer Tel: 07747390901 Email: ritafdance@gmail.com
Thursday	Foundation Reformer Pilates	10.30am – 11.30am	Bideford	Quay Movement	Lou Bond Email: lou@lbmovement.co.uk Tel: 07852404830
Thursday	Table Tennis, U3A Group	10.30am – 12.30pm	Bideford	Bideford Youth Centre	Christine Isaac Tel: 07779962465 Email: christine.isaac@talktalk.net
Thursday	Fit For Life (over 55's)	10.30pm - 11.15pm	Bideford	G4 Gym, Daddon Moor Buisness park	G4Gym Website 01237 478802
Thursday	Walk and Talk	10:30am - 12pm	Torrington	Torrington Library	Ramblers Website
Thursday	Yoga	10:30am - 12pm	Torrington	Community Centre	Ruth Chambers, Tel: 07789 020668 Email: ruthchambers@gmail.com
Thursday, (1st of month)	U3A Mindfulness & Wellbeing	10.30am – 12pm	Bideford	U3A – Upper Room, St Margarets	U3A Contact Form Group Leader: Irene Baxter
Thursday	Pickleball	11am – 1pm	Bideford	Atlantic Raquet Centre	ARC Website Tel: 01237 879688 Email: info@atlanticracquetcentre.co.uk
Thursday	Just 50+ Mobility Swim Session	11.15am – 12.15pm	Torrington	Torrington Swimming Pool	Active Torridge Website Tel: 01805640995 Email: hello@activetorridge.co.uk
Thursday	Beginners Pilates	11.45am - 12.45pm	Northam	Torridge Leisure Centre	Active Torridge Website Tel: 01805640995 Email: hello@activetorridge.co.uk
Thursday	Yoga	1pm – 2pm	Appledore	Appledore Blue Lights Hall	Atsuko Kato Tel: 07500497162 Email: info@yogawithatsuko.co.uk
Thursday	Fitness Health Class	1.30pm – 2.30pm	Bideford	Atlantic Racquet Centre	ARC Website Tel: 01237 879688 Email: info@atlanticracquetcentre.co.uk
Thursday	Aquafit	2.15pm - 3pm	Northam	Torridge Leisure Centre	Active Torridge Website Tel: 01805640995 Email: hello@activetorridge.co.uk

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Thursday	U3A Walking Tennis	3pm – 4pm	Bideford	Atlantic Racquet Centre	ARC Website Tel: 01237 879688 Email: info@atlanticracquetcentre.co.uk
Thursday	Kettlebell Club	6pm – 7pm	Northam	Northam Community Centre	Leanne Avery Tel: 07969211595 Email: leanneaverypt@gmail.com
Thursday	Zumba	6.15pm – 7.15pm	Torrington	Torrington Scout Hall	Wendy Cox Tel: 07787607322 Email: wendy.cox@btinternet.com
Thursday	Karate	6pm – 7pm	Torrington	Castle Hill Community Centre	Devon Wado Ryu Website Tel: 07983174499 Email: devonwadoryu@gmail.com
Thursday	Legs, Bums & Tums Glow	6.30pm – 7.15pm	Torrington	GTS Gym	Amy Avery Tel: 07854975823 Email: amyavery10@yahoo.com
Thursday	Baseball	6.30pm - 8.30pm	Torrington	GTS sports field	Jess. Email: torringtonriptides@gmail.com
Thursday	Seniors Rugby	7pm	Torrington	Donnacroft Fields	Torrington RFC Website Tel: 01805624677
Thursday	Jive Dancing	7pm - 9pm	Torrington	Town and Community Hall	Email: stepintoswingtime@outlook.com
Friday	Yoga	9.30am – 10.45am	Bideford	Lavington Hall	Nicola MacDonald Tel: 07968898847
Friday	Zumba Gold (seniors)	9.30am & 10.30am	Bideford	Abbotsham Village Hall	Katie Casey Email: hello@zumbawithkatie.co.uk
Friday	Mellow Flow Yoga	10am – 11am	Bideford	Shanti Yoga Studio	Hannah Lenton Email: hello@yourshanti.com
Friday	Strength & Balance Class	10.30am – 11.30am	Torrington	Castle Community Centre	Active Torridge Website Tel: 01805640995 Email: hello@activetorridge.co.uk
Friday	Nordic Walking	10.30am – 11.30am	Instow	Instow Layby	Vista Wellbeing Website Tel: 07900 041 258 Email: info@vistawellbeing.org.uk
Friday (1st of month)	U3A Walking Group	10.30am – 12.30pm	Various	Various	U3A Contact Form
Friday	Gentle Mat Pilates	10.30am – 11.30am	Torrington	Function Fitness, Eric Palmer Centre	Lou Bond Email: lou@lbmovement.co.uk Tel: 07852 404830
Friday	Strength & Balance	10:30am -11:30am	Torrington	Torrington Town Hall	Torrington Town Hall Website
Friday	Chair Yoga	11.30am – 12.15pm	Bideford	Bideford Library	Tel: 01237 476075
Friday	Aerobics	11.30am – 12.30pm	Northam	Northam Community Association Hall	Debbie O'Keaffe Tel: 07792 722359 Email: debbie@fightingfitdevon.co.uk
Friday	Aqua Fit	12pm -12.45pm	Torrington	Torrington Swimming Pool	Active Torridge Website Tel: 01805640995 Email: hello@activetorridge.co.uk

Day	Activity	Time	Area	Venue	Contact
Friday	Table Tennis - Senior Bat & Chat Session	2.30pm – 4.30pm	Bideford	Bideford Youth Centre	North Devon Table Tennis League Marcus Berry Tel: 0792 982 3185 Email: marcusj.berry@outlook.com
Friday	Table Tennis	2:30pm - 4:30pm	Bideford	The Pill, Bideford	Jan Tel: 01746 221199
Friday	Phoenix Line Dancing	3pm – 4.30pm	Northam	Northam Community Association Hall	Ian Eccleston Tel: 07825 278405 Email - mazyb@hotmail.co.uk
Friday	Strength Skills Class	4.30pm – 5.30pm	Bideford	Atlantic Racquet Centre	ARC Website Tel: 01237 879688 Email: info@atlanticracquetcentre.co.uk
Friday	Functional Fitness Class	5.30pm – 6.30pm	Bideford	Atlantic Racquet Centre	ARC Website Tel: 01237 879688 Email: info@atlanticracquetcentre.co.uk
Saturday	Park Run (or Walk!)	08.45am	Bideford	Victoria Park	Bideford Park Run Website
Saturday	Women's Walking Group	10am	North Devon	Various	Wander Women Website
Saturday	Devon Bootlegs Walking Group	10am	North Devon	Various	Devon Bootlegs Website
Sunday	Outdoor Yoga	9.30am - 10.30am	Bideford	Victoria Park	FREE Yoga Website Email: hannah@thecommunityyoga project.co.uk
Sunday	Pickleball	10am – 12pm	Bideford	Atlantic Raquet Centre	ARC Website Tel: 01237 879688 Email: info@atlanticracquetcentre.co.uk
Sunday	Women's Walking Group	10am	North Devon	Various	Wander Women Website
Every Day	Coached Gym Sessions	Various	Torrington	Function Fitness, Eric Palmer Community Centre	Function Fitness Website Charlie Banfield Tel: 07414471059
Every Day	Open Gym	Various	Northam	Torrige Leisure Centre	Active Torrige Website Tel: 01805640995 Email: hello@activetorrige.co.uk
Every Day	Golf	Various	Torrington	Great Torrington Golf Club	Torrington Golf Club Website
Every Day	Fitness Classes	Various	Northam	Active Torrige - Torrige Leisure Centre	Active Torrige Website Tel: 01805640995 Email: hello@activetorrige.co.uk
Every Day	Fitness Classes	Various	Bideford	Pure Gym	Pure Gym Website
Every Day	Fitness Classes	Various	Bideford	G4Gym	G4Gym Website 01237 478802
Every Day	Fitness Classes	Various	Bideford	Atlantic Racquet Centre	ARC Website Tel: 01237 879688 Email: info@atlanticracquetcentre.co.uk

Day	Activity	Time	Area	Venue	Contact
Every Day	Fitness Classes	Various	Bideford	Power House Gym	Power House Gym Website
Everyday	Golf	Various	Westward Ho!	Royal North Devon Golf Club	Tel: 01237 473817 Email: info@Royalnorthdevon golfclub.co.uk
Everyday	Fishing	Various	Bideford	Bideford & District Angling Club	Tel: 01568 620447 Email: bdac1enquiries@gmail.com
Monthly	Bird Watching	Various	Various	U3A	U3A Contact Form Group Leader: Irene Hahn
Various	RHS Community Gardening	Various	Torrington	Various	RHS Website
Various	50+ Strength & Confidence Gym Class	Various	Bideford	Atlantic Racquet Centre	ARC Website Tel: 01237 879688 Email: info@atlanticracquetcentre.co.uk
Various	Sailing	Various	Bideford	North Devon Yacht Club	Tel: 01271 861390 Email: info@ndyc.org
Various	Sailing	Various	Appledore	Appledore Sails	Tel: 01237 423163 Email: nikitait@appledoresails.co.uk
Various	Rowing & Running	Various	Bideford	Bideford Amateur Athletics Club	Bideford Amateur Athletic Club Website
Various	Bideford Snooker League	Various	Bideford	Bideford Snooker League, Bideford Conservative Club	Tel: 01271 342210
Various	Bowls	Various	Bideford	Bideford Victoria Park Bowls Club	Tel: 01237 476624 Email: info@victoriaparkbowlingclub.co.uk
Various	Table Tennis Bat & Chat session	Various	Bideford	Atlantic Racquet Centre	ARC Website Tel: 01237 879688 Email: info@atlanticracquetcentre.co.uk
Various	Sea Swimming	Various	Westward Ho!	Blue Tits of Westward Ho!	The Bluetits Chill Swimmers Website Bluetits of Westward Ho! Facebook Page
Various	Sea Swimming (men's group)	Various	Westward Ho!	Hold Fast CWS	Hold Fast CWS Facebook Page
Various	Petanque	Various	Westward Ho!	Westward Ho! Petanque Club The Royal North Devon Golf Club	John Ager Tel: 01237473817 Email: johnager.devon@gmail.com
Various	Walking Cricket	Various	Westward Ho!	Bideford, Littleham & Westward Ho! Cricket Club	01237 477859



We'd love your help to keep this directory up to date! Please email hannah.shackleton@activedevon.org if you have any comments, amendments or additions.