

Parking

Please be considerate and park in the car park of the venue, rather than on the street.

Instructors

All instructors are fully qualified and insured.

Over 18's only

Please note, due to restrictions of the funding, these activities are only available to those over 18.

What to wear

For all activities, please wear soft shoes and comfortable loose clothing (layers will help for variations in temperature). You may also wish to bring a water bottle.

Cost

There is absolutely no charge for any of these classes. Ralston Community Council applied to the Renfrewshire Community Mental Health and Wellbeing Fund, which covers all associated costs.

Updates

For information about any changes or updates or to classes advertised here, please see our Facebook page or www.ralstoncommunitycouncil.org

Sign up to attend

Places are limited, so sign up:

<https://tinyurl.com/RalstonActivities>
or email admin@ralstoncommunitycouncil.org



Free Leisure Classes for Adults in Ralston



Enjoy 10 weeks completely free

(places are limited, so you must sign up as soon as possible)

Monday 17 April - Friday 23 June

Organised by Ralston Community Council
Using Renfrewshire Community Mental Health
and Wellbeing Fund

All classes start the week beginning Monday 17 April 2023

Keep Fit

Physical exercise and rhythmic aerobic exercise to enhance your fitness.

Wednesdays, 1-2pm, Ralston Bowling Club



Gentle Keep Fit

Gentle exercise, suitable for senior members of our community and those wishing to get moving again.

Followed by tea and coffee.

Mondays, 10-11am, Ralston Bowling Club



Yoga (2 classes on different days)

A combination of physical postures, breathing techniques, and relaxation.

Please bring a yoga mat with you.

Thursdays, 10-11am, Ralston Bowling Club

Saturdays, 9:45-10:45am, Ralston Sports Centre



Chair Yoga

A gentle form of yoga done sitting on or supported by a chair. Suitable for senior members of our community. Followed by tea and coffee.

Thursdays, 11:15-12:15pm, Ralston Bowling Club



Beginner Bowls (2 classes on different days)

Learn to play from those who know it best. Suitable for all. Please wear outdoor clothing and flat shoes with no heel (bowls supplied).

Wednesdays, 10-11am, Ralston Bowling Club

Thursdays, 7-8pm, Ralston Bowling Club



Keep Calm and Carry On

A series of discussion groups exploring the major stressors in life and ways of maintaining a sense of wellbeing, including tea and coffee. Runs for 8 weeks only.

Mondays, 11:15-12:15pm, Ralston Bowling Club



Zumba (2 classes on different days)

A Latin-inspired dance workout - get fit while having fun.

Wednesdays, 6:15-7pm, Ralston Sports Centre

Fridays, 11:30-12:15pm, Ralston Bowling Club



Pilates

Exercise focusing on balance, posture, strength and flexibility.

Please bring a yoga mat with you.

Wednesdays, 10-11am, Ralston Bowling Club

