

Active Exercise Classes for 50+ in Sunderland - 2026



Washington: East, West, North, South, Central

North: Castle, Redhill, Southwick, Fulwell, St Peter's

East: Millfield, Hendon, St Michael's, Ryhope, Doxford

Coalfields: Shiney Row, Houghton, Copt Hill, Hetton

West: St Anne's, Pallion, Barnes, Sandhill, St Chad's, Silksworth

Active Exercise Classes - Monday

Location	Class	Venue	Time	Charge	Contact
West	Dancing in the Dark	Silksworth Youth and Community Centre	6.30am	£1.50	01915238000
West	Stronger for Longer	Broadway Community Centre, SR4 8LP	10.00am	£5.00	01915166083
West	Dancefit	Silksworth Youth and Community Centre	10.00am	£2.00	01915238000
West	50's Keep Fit	Dovecoate Meadows, Fordfield Road	10.00am	£3.50	07500059670
West	Aqua Fit	Silksworth Tennis & Community Pool	10.40am	£5.30*	01915110611
West	Neurotrain	Broadway Community Centre, SR4 8LP	11.30am	Contact venue for cost	01915166083
West	Social Tennis	Silksworth Tennis & Community Pool	1.00pm	£7.15*	01915110611
East	Pilates	Raich Carter Sports Centre	9.30am	£5.30*	01915110611
East	Tai Chi	Age UK Sunderland Bradbury Centre Stockton Road, SR2 7AQ	10.30am	£3.00	01915659045
East	Aqua Fit	Raich Carter Sports Centre	12.15pm	£5.30*	01915110611
North	Aqua Aerobics	Sunderland Aquatic Centre	9.30am	£4.75*	01915144300
North	Walking Football	Wearmouth Cricket Club	11.00am	Free	01915485869
North	50's Keep Fit	Just Let Your Soul Grow community Garden	11.30am	£4.00	07500059670
North	50's Keep Fit	Chapel of Light, Cornhill Road, SR5 1RU.	12.30pm	Free	07500059670
North	Broadway Boogie	Austin House	2.00pm	Free	01915618272
Coalfields	Pilates	Houghton Sports & Wellness Centre	9.30am	£5.30*	01915843840
Coalfields	Aqua Zumba	Hetton Community Pool & Wellness Centre	9.30am	£5.30*	01915843840
Coalfields	Zumba	Hetton Community Pool & Wellness Centre	12.15pm	£5.30*	01915843840
Washington	Mission 2 Mobility	Millennium Centre The Well-Being Hub, NE37 2QD	11.30am	£5.00	01915166083
Washington	Active Forever	Millennium Centre The Well-Being Hub, NE37 2QD	1.30pm	£5.00	01915166083

*Free with Everyone Active membership

Yoga Classes - Monday

Location	Class	Venue	Time	Charge	Contact
West	Yoga	Silksworth Tennis & Community Pool	10.45am	£5.30*	01915110611
West	Yoga	Silksworth Tennis & Community pool	1:00pm	£5.30*	01915110611
North	Yoga	Sunderland Aquatic Centre	9.30am	£5.30*	01915144300
Washington	Yoga	Lambton Community Hub	6.00pm	£4.00	07958112061
Online	Yoga	HOPS, online	9.15am	£4.00 discounts available	01915483722

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Active Exercise Classes - Tuesday

Location	Class	Venue	Time	Charge	Contact
West	Aqua fit	Silksworth Tennis & Community Pool	9.30am	£5.30*	01915110611
West	Aerobics	Silksworth Tennis and Community pool	9.45am	£5.30*	01915110611
West	Be active be fit 50+	St Luke's Neighbourhood Centre, Merle Terrace, Pallion	9.45am	£3.00	07522372881
West	Pilates	Silksworth Tennis & Community Pool	12.45pm	£5.30*	01915110611
West	Mission 2 Mobility	Broadway Community Centre, SR4 8LP	10.00am	£5.00	01915166083
East	Zumba	Raich Carter sports centre	10.00am	£5.30*	01915143077
East	Aqua	Raich Carter sports centre	12.15pm	£5.30*	01915143077
East	Ashbrooke Movers	Ashbrooke Cricket Club	1.30pm	£4.00	07484109501
North	Aqua Zumba	Sunderland Aquatic Centre	9.30am	£5.30*	01915144300
North	50's Keep Fit	Beacon of Light, SR5 1SN	10.00am	£1.00	07500059670
North	Keep Fit	Austin House	10.00am	Free	01915618272
North	Walking Football	Beacon of Light	10:00am	£1.00	01915634749
North	Legs, Bums and Tums	Sunderland Aquatic Centre	10.30am	£5.30	01915144300
North	Walking Group	Beacon of Light Foyer	10.45am	£3.00	01915659045
North	Heritage walk	Beacon of Light	11:00am	Free	01915634738
North	Neurological Football	Beacon of Light	12:00pm	£3.00	01915634749
North	Strength and Balance maintenance	Fulwell library	1:00pm	£16.00 (8-weeks)	01915634749
North	GP Circuits	Sunderland Aquatic Centre	2:30pm	£3.15	01915144300
Washington	Body Conditioning	Washington Leisure Centre	9.30am	£6.40*	01914166642
Washington	Walking Netball	Washington Leisure Centre	10.15am	£1.15	01914166642
Washington	50's Keep Fit	Springwell Village Hall	11.45am	£4.00	07500059670

*Free with Everyone Active membership

Active Exercise Classes - Tuesday

Location	Class	Venue	Time	Charge	Contact
Washington	Walking Cricket	Washington Leisure Centre	12.15pm	Free	01914166642
Washington	Stronger For Longer	Millennium Centre The Well-Being Hub, NE37 2QD	1.00pm	£5.00	01915166083
Coalfields	Adult Quiet Swim	Hetton Sports & Wellness Centre	8.30am	From £3.00	01915269980
Coalfields	Social Bowls	Houghton Sports & Wellness Centre	9.00am	£1.10	01915843840
Coalfields	GP Circuits	Houghton Sports & Wellness Centre	1.30pm	£3.15	01915843840
Coalfields	Virtual Aquafit (Hydrohex)	Hetton Sports & Wellness centre	2.30pm	£5.30*	01915269980
Coalfields	Zumba	Houghton Sports and wellness centre	11.30am	£5.30*	01915843840

*Free with Everyone Active membership

Yoga Classes - Tuesday

Location	Class	Venue	Time	Charge	Contact
North	Yoga	Austin House	11.00am	Free	01915618272
North	Iyenger Yoga	Tesco Community Room, Sunderland, SR6 0DA	6.30pm	£5.00	07554165961
Coalfields	Yoga	Hetton Community Pool & Wellness Centre	9.30am	£5.30*	01915843840
West	Yoga	Broadway Community Centre, SR4 8LP	1:30pm	£5.00	01915166083

Active Exercise Classes - Wednesday

Location	Class	Venue	Time	Charge	Contact
West	50's Keep Fit	Grindon Church Community Project	10.00am	Free	07500059670
West	Forever Fit	Silksworth Tennis & Community Pool	12.30pm	£4.75*	01915110611
West	Fit steps	St Gabriel's Church	1.00pm	£5.00	01915166083
West	Active Forever: Dance	Broadway Community Centre	1.00pm	£5.00	01915166083
West	Mission 2 Mobility	St Chad's, SR3 3PG	1.30pm	Contact venue for cost	01915166083
East	Aqua Fit	Raich Carter Sports Centre	12.15pm	£6.40*	01915110611
East	Strength & Balance Maintenance	Raich Carter Sports Centre	1.30pm	£3.00	01915143077
East	Senior Badminton	Raich Carter Sports Centre	6.00pm	£2.20	01915143077
North	Aqua Fit	Sunderland Aquatic Centre	9.30am	£5.30*	01914166642
North	Led Walking	Austin House	9.30am	Free	01915618272
North	Midweek Movers	Roker United Reformed Church	11.00am	Free	07456946504
North	50's Keep Fit	Thompson Park Community Centre, SR5 1LG	12.30pm	Free	07500059670
North	Aquafit	Sunderland Aquatic Centre	2.30pm	£5.30*	01915144300
North	50's Keep Fit	Holy Trinity Church, Church Bank, SR5 2DU	2.30pm	Free	07500059670
Washington	Aqua Fit	Washington Leisure Centre	8.45am	£5.30*	01914166642
Washington	Dance Exercise	Lambton Community Hub	9.00am	£2.00	07958112061
Washington	Pilates	Washington Leisure Centre	10.00am	£5.30*	01914166642
Washington	Forever Fit	Washington Leisure Centre	11.00am	£4.75*	01914166642
Washington	Mission 2 Mobility	Millennium Centre The Well-Being Hub, NE37 2QD	1.00pm	£5.00 Free for 12 weeks	01915166083

*Free with Everyone Active membership

Active Exercise Classes - Wednesday

Location	Class	Venue	Time	Charge	Contact
Washington	Walking Football	Washington Leisure Centre	1.30pm	£1.10	01914166642
Coalfields	Pilates	Hetton Sports & Wellness Centre	9.30am	£5.30*	01915269980
Coalfields	50's Keep Fit	Houghton Methodist Church	11.15am	£4.00	07500059670
Coalfields	Aqua Aerobics	Hetton Community Pool & Wellness Centre	11.30am	£4.75*	01915843840

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Yoga Classes - Wednesday

Location	Class	Venue	Time	Charge	Contact
North	Yoga	Sunderland Aquatic Centre	9.30am	£5.30*	01915144300

*Free with Everyone Active membership

Active Exercise Classes - Thursday

Location	Class	Venue	Time	Charge	Contact
West	Aqua fit	Silksworth Tennis & Community Pool	9.30am	£5.30*	01915110611
West	50's Keep Fit	Dovecoate Meadows, Fordfield Road, Sunderland, SR4 0FA	10.00am	Free	07500059670
West	Social Tennis	Silksworth Tennis & Community Pool	10.00am	£7.15	01915110611
West	Zumba	Silksworth Tennis & Community Pool	11.30am	£5.30*	01915110611
West	Escape Pain Knees & Hips	Broadway Community Centre	12.00pm	£5.00	01915166083
West	Social Tennis	Silksworth Tennis & Community Pool	1.00pm	£7.15	01915110611
West	Steady & Strong	Broadway Community Centre	1.30pm	£2.50	01915166083
West	Strength & Balance Maintenance	Silksworth Tennis and community pool	2.00pm	£3.15	01915110611
East	Senior Badminton	Raich Carter Sports Centre	10.00am	£2.20	01915143077
East	Zumba	Raich Carter Sports Centre	10.00am	£5.30*	01915143077
East	Aqua Fit	Raich Carter Sports Centre	12.15pm	£5.30*	01915143077
East	Beginner's Line Dancing	Ryhope Community Centre, SR2 0RX	1.30pm	Contact venue for cost	01915239371
North	Box Fit	Austin House	9.45am	Free	01915618272
North	Table Tennis	Beacon of Light	10:00am	£5.00	01915654749
North	Pilates	Sunderland Aquatic Centre	10.30pm	£5.30*	01915144300
North	Body Fitness	Austin House	10.45am	Free	01915618272
North	50's Keep Fit	Lord Gort Close, Southwick	11.30am	Free	07500059670
North	Walking Football	Beacon of Light	12:00pm	£1.00	01915654749
North	"Step On" Indoor Walking	Roker Life (Roker United Reformed Church)	1.00pm	Free	07456946504
North	Aqua Aerobics	Sunderland Aquatic Centre	2.30pm	£5.30*	01915144300
North	50's Keep Fit	Hylton View Care Centre, SR5 5TP	2.45pm	Free	07500059670

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Active Exercise Classes - Thursday

Location	Class	Venue	Time	Charge	Contact
Coalfields	Virtual Aquafit	Hetton Sports and wellness centre	8.30am	£5.30*	01915843840
Coalfields	Pilates	Houghton Sports & Wellness Centre	9.30am	£5.30*	01915843840
Coalfields	Legs, Bums and Tums	Hetton Sports and wellness centre	10.45am	£5.30*	01915843840
Coalfields	Social Bowls	Houghton Sports & Wellness Centre	12.30pm	£1.10	01915843840
Coalfields	Strength and Balance Maintenance	Houghton Sports & Wellness Centre	1.30pm	£3.15	01915843840
Coalfields	Aqua Aerobics	Hetton Community Pool & Wellness Centre	7.00pm	£5.30*	01915843840
Washington	Legs, Bums and Tums	Washington Leisure Centre	10.00am	Free	01914166642
Washington	Active Neurotrain	Millennium Centre The Well-Being Hub, NE37 2QD	10.00am	Contact venue for cost	01915166083
Washington	Mission 2 Mobility	St George's Church, NE38 9AH	10.00am	Contact venue for cost	01914154200
Washington	Line Dancing	The Top Club, NE37 3BD	10.00am	£5.00	01915166083
Washington	Aqua Fit	Washington Leisure Centre	9.00am	£5.30*	01914166642
Washington	Mission 2 Mobility	Millennium Centre The Well-Being Hub, NE37 2QD	11.30am	£5.00	01915166083
Washington	Beginners Fit Steps	Millennium Centre The Well-Being Hub, NE37 2QD	3.30pm	£5.00	01915166083

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Yoga Classes - Thursday

Location	Class	Venue	Time	Charge	Contact
West	Yoga	Silksworth Tennis & Community Pool	10.30am	£5.30*	01915110611
West	Yoga	Silksworth Tennis & Community Pool	12.30pm	£5.30*	01915110611
East	Yoga	Raich Carter Sports Centre	9.00am	£5.30*	0191514 3077
East	Iyengar Yoga	St Michaels Community Centre, Sunderland SR2 9JT	6.30pm	£7.00	07554165961
North	Yoga Stretch	Austin House	11.45am	Free	01915618272
Washington	Yoga	Millennium Centre The Well-Being Hub	6.00m	£4.00	01915166083

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Active Exercise Classes - Friday

Location	Class	Venue	Time	Charge	Contact
West	Aqua Fit	Silksworth Tennis & Community Pool	8.30am	£5.30*	01915110611
West	Pilates	Silksworth Tennis & Community Pool	10.00am	£5.30*	01915110611
West	Social Tennis	Silksworth Tennis & Community Pool	10.00am	£7.15	01915110611
West	Mission 2 Mobility	Broadway Community Centre, SR4 8LP	10.00am	£5.00	01915166083
West	Dance Fitness	Silksworth Tennis & Community Pool	11.00am	£5.30*	01915110611
West	Pilates	Silksworth Tennis & Community Pool	12.00pm	£5.30*	01915110611
West	Line Dancing	Silksworth Youth and Community Centre	12.45pm	Free	01915238000
West	GP Circuits**	Silksworth Tennis & Community Pool	2.30pm	£3.15*	01915110611
West	Aqua Fit	Silksworth Tennis & Community Pool	6.30pm	£5.30*	01915110611
East	Senior Badminton	Raich Carter Sports Centre	10.00am	£2.20	01915143077
East	Pilates	Raich Carter Sports Centre	10.30am	£5.30*	01915143077
East	Aqua Fit	Raich Carter Sports Centre	12.15pm	£5.30*	01915143077
North	Forever Fit	Sunderland Aquatic Centre	10.00am	£5.30*	01915144300
North	50's Keep Fit	Gildacre Fields, Bardolph Drive	10.00am	Free	07500059670
North	Indoor Cycling	Austin House	11.00am	Free	01915618272
North	50's Keep Fit	Austin House	11.00am	Free	07500059670
North	Walking Football	Wearmouth Cricket Club	11.00am	Free	01915485869
North	Aqua Aerobics	Sunderland Aquatic Centre	11.30am	£5.30*	01915144300
North	Outdoor Nature Walk	Roker Park/Seafront	Variable	Free	07484109501
Washington	Pilates (Intermediate)	Millennium Centre The Well-Being Hub, NE37 2QD	1.00pm	£5.00	01915166083
Washington	Pilates Flow	The Well-Being Hub	10.00am	£4.00	01915166083
Washington	Pilates	Washington Leisure Centre	10.00am	£5.30*	0191416 6642

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Active Exercise Classes - Friday

Location	Class	Venue	Time	Charge	Contact
Washington	Forever Fit	Washington Leisure Centre	11.00am	£5.30*	0191416 6642
Washington	Walking Cricket	Washington Leisure Centre	1.00pm	Free	01914166642
Coalfields	Aqua Aerobics	Hetton Community Pool & Wellness Centre	10.30am	£5.30*	01915843840
Coalfields	GP Circuits	Hetton Community Centre pool & Wellness Centre	10.30am	£3.15	01915843840

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Yoga Classes - Friday

Location	Class	Venue	Time	Charge	Contact
East	Chair Yoga, Qigong and Mindfulness	St. Michael's Community Centre, SR2 9JT	12.30pm	£7.00 or pay as you can	07772407556, 07946746700
North	Gentle Yin Yoga and Qigong	Tesco Community Room Newcastle Rd, Sunderland SR6 0DA	9.30am 11am	£6.00	07554165961
Coalfields	Yoga	Hetton Community Pool & Wellness Centre	5.15pm	£5.30*	01915843840
Washington	Seated Yoga	Millennium Centre The Well-Being Hub, NE37 2QD	1.00pm	£5.00 Free for first 6 weeks	01915166083

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Active Exercise Classes - Saturday

Location	Class	Venue	Time	Charge	Contact
North	Walking Football	Beacon of Light	11:00	£1.00	01915634749