

Seated 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

Seated Exercise Classes - Monday

Location	Class	Venue	Time	Charge	Contact
North	Seated Exercise	Beacon of Light	10:00am	£1.00	01915654749
North	Seated Pilates	Austin House	1.00pm	Free	01915618272
West	Move it Monday	Silksworth Youth and Community Centre	1.30pm	Free	01915238000
West	Active Forever	St Gabriel's Church, SR4 7TF	10.00am	£5.00	01915166083
East	Active Forever	Ryhope Community Centre, SR2 0RX	10.00am	Contact venue for cost	01915239371
Washington	Seated Pilates	Millennium Centre The Well-Being Hub, NE37 2QD	11.30am	£5.00	01915166083

Seated Exercise Classes - Tuesday

Location	Class	Venue	Time	Charge	Contact
North	Seated Chair	Beacon of Light	10.00am	£1.00	07500059670
North	Bend it, Stretch it!	Redby Community Centre Fulwell Road, SR6 9QU	10.00am	Free	07341923336 01915484515
Coalfields	Seated Exercise	Houghton Sports Centre	10.30am	£3.00	01915843840
Washington	Seated Exercise	Lambton Community Hub	9.30am	£1.00	07958112061
Washington	Active Forever	Millennium Centre The Well-Being Hub, NE37 2QD	10.00am	£5.00	01915166083

Seated Exercise Classes - Wednesday

Location	Class	Venue	Time	Charge	Contact
North	Seated Exercise	Thompson Park Community Centre	12.30pm	Free	01916807467
West	Seated Exercise	Silksworth Tennis & Community Pool	2.00pm	Free	01915110611
East	Seated Pilates	Hendon Health Club, SR2 8JG	9:30am	Free	01915166083
Coalfields	Parkinson's Seated Exercise	Houghton Sports & Wellness Centre	2.00pm	£3.00	01915843840
Coalfields	Parkinson's Small Gym Class	Houghton Sports & Wellness Centre	2.30pm	£3.00	01915843840
North	Midweek Movers Circuits	Roker Life (Roker United Reformed Church)	11.00am	Free	07484109501
Washington	Seated Pilates	Millennium Centre The Well-Being Hub, NE372QD	2.30pm	£5.00	0191516 6083

Please note that these details are provided as a courtesy. Sunderland City Council assumes no responsibility for any agreements made between you and an organisation or individual on this list. Before going along for the first time, you are strongly encouraged to contact the appropriate organisation to ensure that the details provided are up to date. If your organisation would like to have its activities added to this list, please send the relevant details to pradeep.chockalingam@sunderland.gov.uk

Seated Exercise Classes - Thursday

Location	Class	Venue	Time	Charge	Contact
North	Seated Exercise	Austin House	11.00am	Free	01915618272
West	Multiple Sclerosis Strength & Balance	Silksworth Tennis & Community Pool	1.00pm	Free	01915110611
West	Parkinson's Seated Exercise	Silksworth Tennis & Community Pool	12.00pm	£3.00	01915110611
West	Parkinson's Small Gym Class	Silksworth Tennis & Community Pool	12.30pm	£3.00	01915110611
West	Parkinson's Tennis	Silksworth Tennis & Community Pool	1.00pm	£3.00	01915110611
Washington	Seated Pilates & Stretch	Millennium Centre The Well-Being Hub	1.00pm	£5.00	01915166083
Coalfields	Active Forever	Shiney Row Community Centre	1.30pm	Free	01915166083

Seated Exercise Classes - Friday

Location	Class	Venue	Time	Charge	Contact
North	Seated Exercises	Austin House	11.00am	Free	01915618272
Washington	Seated Pilates	Millennium Centre The Well-Being Hub	10.30am	£5.00	01915166083
West	Active Forever	Broadway Community Centre, SR4 8LP	1:30pm	£5.00	01915166083