

Weight loss services across Barnsley for older adults.

Name of Service	Provider of Service
North East	
Powerhoop @ Monk Bretton	Susie Macnamee Fitness Instructor
Zumba, Aerobics and Toning Fitness Classes @ Priority Campus	Susie Macnamee Fitness Instructor
Barnsley Community Health - COPD	Barnsley Premier Leisure Centre
Over 50s Gentle Exercise	Susie Macnamee Fitness Instructor
Exercise Classes	Great Houghton Methodist Church
Acorn Centre Grimethorpe Yoga Classes	The Acorn Centre
Dearne	
Dearne Stay Fit	Goldthorpe Pentecostal Community Church
Healthier Ways to Travel	BMBC Services Limited Shared Lives
North	
Fitness Classes	Susie Macnamee Fitness Instructor
Power Hoop	Susie Macnamee Fitness Instructor
Zumba @ Darfield	Darfield Community Centre
Exercise for Healthy Ageing	Barnsley Circuit Methodist Church
Boogie Bounce	Darton Darby and Joan Club
Fun and Fitness for Over 50s	Barnsley Circuit Methodist Church
Zumba @ Kexborough	Kexborough Methodist Church
Athersley Carers - Gentle Exercise	Athersley Cares
Adult Dance Classes	New Hope Methodist Church
Exercise Classes	Wombwell Methodist Church
Athersley Xares Zumba Group	Athersley Xares Zumba Group
Central	
Powerhoop Dodworth	Powerhoop Penistone
Over 50s Aerobics	Barnsley Premier Leisure
Zumba Class	St Georges Church

Penistone	
Boxfit	Penistone Silhouette Fitness
Borough wide	
Slimming World	Slimming World
Weight Watchers	Weight Watchers

Specialist services across Barnsley for older adults.

Name of service	Provider of service
North East	
Long Term Exercise for Long Term Health Conditions	Barnsley Premier Leisure (BPL)
Barnsley Community Health - Cardiac Rehab	Barnsley Premier Leisure (BPL)
Health Bones Cudworth	Healthy Bones
Over 50s Flexercise	Susie Macnamee Fitness Instructor
Over 50s Gentle Exercise	Susie Macnamee Fitness Instructor
Dearne	
Healthier Ways to Travel	BMBC Services Limited Shared Lives
North	
Exercise for healthy ageing	Barnsley Circuit Methodist Church
Fun and fitness for over 50s	Barnsley Circuit Methodist Church
Tai Chi @ Darton	Darton Darby and Joan Club
Yoga @ Mapplewood & Staincross	Staincross Methodist Church
Parkinsonsociety Exercise Class	Parkinson's UK
Central	
Care2dance	Care2Dance
Over 50s Fitness Class	Susie Macnamee Fitness Instructor
Healthy Bones Barnsley	Healthy Bones
Healthy Bones Worsborough	Healthy Bones
Get Up and Go. A Guide to Staying Steady	Chartered Society and Physiotherapy
Penistone	
Yoga with Karen @ Huskar Rooms	Yoga with Karen @ Huskar Rooms
Yoga at Penistone	St Johns Community Centre
Yoga at Penistone Library	Penistone Library
Growing Yoga Classes @ High Flats	Growing Yoga
Growing Yoga Class @ Hoylandswaine	Growing Yoga

Yoga for Pregnancy and Birth	Growing Yoga
Healthy Bones Hoyland	Healthy Bones
South	
Balance, Posture and Falls Prevention Classes	Darfield Community Centre
Healthy Bones Birdwell	Healthy Bones
Just Be Yoga	Just Be Yoga
Gentle Yoga Class	Growing Yoga
Healthy Heart Barnsley	Barnsley Long Term Exercise Heart Support Group

Weight loss and maintenance services across Barnsley for adults.

Name of service	Provider of service
North East	
Powerhoop @ Monk Bretton	Susie Macnamee Fitness Instructor
Zumba, Areobics And Toning Fitness Classes @ Priority Campus	Susie Macnamee Fitness Instructor
Barnsley Community Health - COPD	Barnsley Premier Leisure Centre
Exercise Classes	Great Houghton Methodist Church
Acorn Centre Grimethorpe Yoga Classes	The Acorn Centre
Dearne	
Dearne Stay Fit	Goldthorpe Penecostal Community Church
Acorn Centre Grimethorpe Yoga Classes	The Acorn Centre
Healthier Ways To Travel	BMBC Services Limited Shared Lives
Active Dearne	BMBC
North	
Fitness Classes	Susie Macnamee Fitness Instructor
Power Hoop	Susie Macnamee Fitness Instructor
Zumba @ Darfield	Darfield Commuinnity Centre
Exercise For Healthy Ageing	Barnsley Circuit Methodist Church
Boogie Bounce	Darton Darby And Joan Club
Fun And Fitness For Over 50s	Barnsley Circuit Methodist Church
Zumba @ Kexborough	Kexborough Methodist Church
Athersley Carers - Gentle Exercise	Athersley Cares
Adult Dance Classes	New Hope Methodist Church
Exercise Classes	Wombwell Methodist Church
Athersly Xares Zumba Group	Athersly Xares Zumba Group
Slimming World At Darton	Darton Darby And Joan Club
Athersley Cares - Weight Loss And Health Advice	Athersley Cares

Central	
Powerhoop Dodworth	Powerhoop Pensitone
Jabadao (Light Exercise) For People With Dementia	BIADs Dementia Support Group
Reds In The Community	Reds In The Community
Barnsley Inclusive Sports And Fitness Forum Fitness For All Day	Barnsley Metrodome
Penistone	
Boxfit	Penistone Silhouette Fitness
Borough Wide	
Weight Management In Barnsley	Barnsley Premier Leisure
Slimming World	Slimming World
Weight Watchers	Weight Watchers
No Link To Area Council	
Walking For Health	BMBC

Specialist services across Barnsley for adults.

North East	
Long Term Exercise For Long Term Health Conditions	Barnsley Premier Leisure (BPL)
Barnsley Community Health - Cardiac Rehab	Barnsley Premier Leisure (BPL)
Functional Yoga	Monk Bretton Methodist Church
Health Bones Cudworth	Healthy Bones
Dearne	
Healthier Ways To Travel	BMBC Services Limited Shared Lives
Barnsley Premier Leisure Health Referral Scheme	Barnsley Premier Leisure (BPL)
North	
Exercise For Healthy Ageing	Barnsley Circuit Methodist Church
Athersley Cares - Weight Loss And Health Advice	Athersley Cares
Fun And Fitness For Over 50s	Barnsley Circuit Methodist Church
Yoga @ Mapplewood & Staincross	Staincross Methodist Church
Tai Chi @ Darton	Darton Darby And Joan Club
Central	
Care2dance	Care2Dance
Reds In The Community Disability Sport	Reds In The Community
Barnsley Inclusive Sports And Fitness Forum Fitness For All Day	Barnsley Metrodome
Red In The Community Disability Sport	Red In The Community
Over 50s Fitness Class	Susie Macnamee Fitness Instructor
Healthy Bones Barnsley	Healthy Bones
Healthy Bones Worsborough	Healthy Bones
Get Up And Go. A Guide To Staying Steady	Chartered Society And Physiotherapy
Mencap - Saturday Club	Mencap
Learning Disability Day Opportunities	BMBC Services Limited Shared Lives
Penistone	
Yoga With Karen @ Huskar Rooms	Yoga With Karen @ Huskar Rooms

Yoga At Penistone	St Johns Community Centre
Yoga At Penistone Library	Penistone Library
Growing Yoga Classes @ High Flats	Growing Yoga
Growing Yoga Class @ Hoylandswaine	Growing Yoga
Yoga For Pregnancy And Birth	Growing Yoga
South	
Balance, Posture And Falls Prevention Classes	Darfield Community Centre
Healthy Bones Birdwell	Healthy Bones
Just Be Yoga	Just Be Yoga
Gentle Yoga Class	Growing Yoga
Borough Wide	
Stop Smoking In Pregnancy	Stop Smoking In Pregnancy

Weight loss and maintenance across Barnsley for young people.

Name of service	Provider of service
North East	
Zumba, Aerobics And Toning Fitness Classes @ Priority Campus	Susie Macnamee Fitness Instructor
Dearne	
Dearne Stay Fit	Goldthorpe Pentecostal Community Church
Healthier Ways To Travel	BMBC Services Limited Shared Lives
Active Dearne	BMBC
North	
Fitness Classes	Susie Macnamme Fitness Instructor
Power Hoop	Susie Macnamme Fitness Instructor
Zumba @ Darfield	Darfield Community Centre
Exercise For Healthy Ageing	Barnsley Circuit Methodist Church
Boogie Bounce	Darton Darby And Joan Club
Fun And Fitness For Over 50s	Barnsley Circuit Methodist Church
Zumba @ Kexborough	Kexborough Methodist Church
Slimming World At Darton	Darton Darby And Joan Club
Athersley Cares - Weight Loss And Health Advice	Athersley Cares
Central	
Powerhoop Dodworth	Powerhoop Penistone
Jabadao (Light Exercise) For People With Dementia	BIADS' Dementia Support Group
Barnsley Inclusive Sports And Fitness Forum Fitness For All Day	Barnsley Metradome
Reds In The Community Disability Sport	Reds In The Community
Penistone	
Boxfit	Penistone Silhouette Fitness
Borough Wide	
Weight Management In Barnsley	Barnsley Premier Leisure (BPL)

Weight Watchers	Weight Watchers (Weight Watchers can be attended by children aged 13-17 as long as they have written consent from a doctor, with a target weight set)
No Link To Area Council	
Walking For Health	BMBC

Specialist services across Barnsley for young people.

North	
Exercise For Healthy Ageing	Barnsley Circuit Methodist Church
Fun And Fitness For Over 50s	Barnsley Circuit Methodist Church
Athersley Cares - Weight Loss And Health Advice	Athersley Cares
Central	
Care2dance	Care2Dance
Barnsley Inclusive Sports And Fitness Forum Fitness For All Day	Barnsley Metrodome (BPL)
Reds In The Community Disability Sport	Reds In The Community
Borough Wide	
Healthy Lifestyles	PSS
Stop Smoking In Pregnancy	PSS
Be Well Barnsley	Be Well Barnsley
Weight Management In Barnsley	Barnsley Premier Leisure
Dearne	
Healthier Ways To Travel	BMBC Services Limited Shared Lives

Services unspecified for adults/older adults and young people in Barnsley.

Central	
Reading Well Books On Prescription Long Term Medical Conditions	Barnsley Library Service
Gym For People With Dementia	BIADS Dementia Support Centre
Red In The Community Socccercise	Red In The Community
Dearne	
Dearne Stay Fit	Goldenthorpe Pentecostal Community Church
Penistone	
Jeffs Wheelchair Walks	Jeffs Wheelchair Walks