



Chase Fit – Outdoor Activity Timetable



Day of the week	Activity	cost	Location	Time	Level
Monday (Except Bank Holidays)	Walk	Free	Meet at: By the containers at the Tesco end of the park. Hednesford Park, Victoria Street, Hednesford, WS12 1TB	10.00am	3
Monday (Except Bank Holidays)	Walk	Free	Meet at: Cannock Chase Forest Centre, (Birches Valley), Rugeley, WS15 2UQ. Look out for Chase Fit high viz Jacket as you pull onto the car park.	10.00am	2
Monday (Except Bank Holidays)	Inclusive Walk Physical and Learning needs	Free	Meet at: look out for Chase Fit high viz Jacket by the Cafe Marquis Drive Visitor Centre, Brindley Heath Road, WS12 4PW	1.30pm	1
Tuesday	Walk	Free	Meet at: Heath Hayes Library 194 Hednesford Rd, Heath Hayes, Cannock WS12 3EA Facebook page: Fiveways Rambler's	10.00am	2
Every second Tuesday of each month	Walk	Free	Meet at: Marquis Drive Visitor Centre, Brindley Heath Road, WS12 4PW. Contact Guy – Chase Fit Co-ordinator	11.00am	3
Wednesday First Wed of every month	Walk	Free	Meet at: Front of the Pye Green Community Centre. Bradbury Ln, Cannock WS12 4EP.	10.00am	2
Every other Wednesday Rugeley walk	Walk	Free	Meet at: Carpark at Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	11.00am	3

Please register your attendance by scanning the QR Code.
or you can complete your registration online on our website.

Website: www.chasefit.co.uk

To obtain any information, kindly reach out to Guy via email at guy.etchells@ihlmail.org





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Wednesday March till November	Inclusive Cycling. Physical and Learning needs	£4 Or free to IHL paying members	Meet at: Main entrance. Chase Leisure Centre, Stafford Road, Cannock. WS11 4AL.	2.15pm To 3pm	All abilities
Wednesday Wellness Walk	Walk	Free	Meet at: Golf entrance Back of main building. Chase Leisure Centre, Stafford Road, Cannock. WS11 4AL.	9.30am	2
Wednesday	Gardening	Free	Meet at: Stadium allotments, Lovatt Place. Cannock WS11 5FH.	10.15am	All abilities
Friday	Walk	Free	Meet at: Marquis drive visitors centre & café. Brindley Heath Road, WS12 4PW.	10am – 11.30	3
Friday	Walk (Beginners)	Free	Meet at: Outside reception at Chase Leisure Centre, Stafford Road, Cannock. WS11 4AL.	10.30 – 11.30	1
Saturday	Walk	Free	Meet at: On the car park of the Shoal Hill Tavern, Sandy Lane, Cannock. WS11 1RF	10.15am	3
Saturday	Mountain biking	Free	Meet at: By the containers at the Tesco end of the park. Hednesford Park, WS12 1TB. To Book a place Join the Facebook Chase Fit cycling Riders group.	1.30pm	2.5 to 3 hours
Twice a month Sunday	Walk	Free	Meet at: Library Hednesford Rd, Heath Hayes, Cannock WS12 3HU. For more information just check out Fiveways Ramblers Facebook page.	10am	4

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Walks	Level 1	30 mins	Flat gentle slopes	Slow pace
	Level 2	30-60 mins	Moderate/uneven surfaces/steps	Steady Stroll
	Level 3	60-90min	Mixed terrains including steep slopes/stiles/steps	Brisk walk
	Level 4	90-150min	Longer distance/varied terrains and hills	Progressive walk
Gardening	For all Abilities	2 hours	Relaxing and social. Plant, dig, water, chat! Access friendly with washing, disabled toilet, and car parking facilities.	At your pace.
10-week Couch to 5K beginner Running group	For Times Dates and more information please contact Guy's email below.			

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