



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.	9.30pm	2
Wednesday	Gardening	Free	Meet at: Stadium allotments, Lovatt Place. Cannock WS11 5FH. (From Pye Green Road, turn down Princess Street, then see Lovatt Place Car parking available)	10.15am	All abilities welcome
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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