



July is...
**move
more**
Month



Getting Sheffield moving with
exciting events each day.

movemoresheffield.com

#MoveMoreMonth

Let's make Sheffield the Most Active City this July

#MoveMoreMonth

July is...
**move
more**
Month

Move More is Sheffield's physical activity strategy, which aims to help Sheffield become the most active city in the UK by 2020.

Partners include the Sheffield City Council, the NHS, activity and wellbeing providers, businesses and individuals who all want to make it easier for people to be physically active.

This July will see the community coming together to discover new activities with a host of challenges for you to show your support.

For more information on all the activities taking place, visit:
movemoresheffield.com/july

Download the app and track how much you move this July!



July is...
**move
more**
Month

Steel City Move More Derby

This July sees Sheffield United meet Sheffield Wednesday in a unique city-wide encounter.

Whichever Steel City team you follow, July is the time to make your support count.

During July, your Move More activity will be turned into goals for your chosen team. The more active minutes you create, the bigger your team's score and the better your chance to claim to support the top team in Sheffield.

The winning club will be awarded the Steel City Move More Cup at their first home game of the 2016/17 season. Get involved and support your team by downloading the Move More Sheffield App.



VS



July is...
**move
more**
Month



Football

The nation's favourite sport, now for everyone!

Walking Football, Women-only and 5-a-side sessions give you a host of ways to get back in the game...

And for those starting out, football camps will see the younger ones develop skills and experience to wow the crowds.

There's a wide variety of football sessions taking place throughout July. To take part, simply contact the venue directly; all contact details are available at the back of this brochure.

Activity	Description	Who's it for?	Location	Date (July)	Start time	Cost
Football	Mars Just Play Session	Adults only, 16+	Lucozade Power League	1st, 8th, 15th, 22nd, 29th	18:00	£3.00
Football	MoveMore Company Challenge Football Cup	Business workers	Graves Tennis And Leisure Centre	7th, 8th, 14th, 15th, 21st, 22nd, 28th, 29th	19:00	£25.00
Football	SUFC Holiday Football Camp	Children only	Derek Dooley Sports Centre	Daily: 18th-22nd, 25th-29th	9:30	FREE
Football	SUFC Holiday Football Camp	Children only	Meadowhead School	Daily: 21st-22nd, 25th-29th	9:30	FREE
Football	SUFC Holiday Football Camp	Children only	Sheffield United Academy	Daily: 18th-22nd, 25th-29th	9:30	FREE
Football	SUFC Holiday Football Camp	Children only	Westfield Sports Centre	Daily: 21st-22nd, 25th-29th	9:30	FREE
Football	SHU: Indoor football league	All Welcome	Pearson Building	7th, 28th	18:00	£1.00
Football	SIV Open Access to the 3G pitch	All Welcome	Springs Leisure Centre	30th	10:00	FREE
Walking Football	Open Walking Football Session	Designed for those with a disability or low fitness levels	Graves Tennis And Leisure Centre	5th, 12th, 19th, 26th	10:00	£2.00
Walking Football	Open Walking Football Session	Designed for those with a disability or low fitness levels	Graves Tennis And Leisure Centre	8th, 15th, 22nd, 29th	13:00	£2.00
Walking Football	Open Walking Football Session	Designed for those with a disability or low fitness levels	Stocksbridge Leisure Centre	7th	12:00	£2.00
Walking Football	Open Walking Football Session	Designed for those with a disability or low fitness levels	Sheffield United Academy	11th, 18th, 25th	21:00	FREE
Walking Football	Open Walking Football Session	Designed for those with a disability or low fitness levels	Ponds Forge International Sports Centre	7th, 14th, 21st, 28th	10:30	£2.00
Walking Football	Open Walking Football Session	Designed for those with a disability or low fitness levels	Concord Sports Centre	5th, 12th, 19th, 20th	13:30	£2.00
Walking Football	Open Walking Football Session	Designed for those with a disability or low fitness levels	Concord Sports Centre	26th	14:30	£2.00
Walking Football	Open Walking Football Session	Designed for those with a disability or low fitness levels	Concord Sports Centre	6th, 13th, 27th	17:30	£2.00
Walking Football	Open Walking Football Session	Designed for those with a disability or low fitness levels	Wisewood Leisure Centre	6th, 13th, 27th	11:00	£2.00
Walking Football	Open Walking Football Session	Designed for those with a disability or low fitness levels	Stocksbridge Leisure Centre	14th, 21st, 28th	12:00	£2.00
Walking Football	Open Walking Football Session	Designed for those with a disability or low fitness levels	SUFC	4th	21:00	FREE
Football	Mars Just Play Session	Women only	U-Mix	4th, 11th, 18th, 25th	19:00	FREE
Football	Mars Just Play Session	Women only	U-Mix	11th	19:00	FREE
Football	Mars Just Play Session	Women only	U-Mix	25th	19:00	FREE
Football	Mars Just Play Session	Women only	U-Mix	18th	19:00	FREE
Football	Nunny's Funky Boots Just Play Session	Women only	Lucozade Power League	2nd, 7th, 14th, 21st, 28th	19:00	£4.00 (1st time FREE)



Enjoy the Great Outdoors

Sheffield is the UK's leading destination for people seeking outdoor adventure, city culture and rural escapes.

The Outdoor City is a website that welcomes everyone to Sheffield; offering pointers to visitors to the city, as well as locals with a love of the great outdoors. It highlights Sheffield's best routes and outdoor events and shares tips on training and kit. Get involved and get online at outdoorcity.co.uk!

Whether you fancy a walk in the park, a climbing experience or are training for a 5k, then there is a host of activities happening this Move More month for you!

Enjoy some fresh air and join in the fun with a variety of organised walks, runs and climbing activities for adults and children happening this July.

Activity	Description	Who's it for?	Location	Date (July)	Start time	Cost
Walking	SUFC v SWFC Launch event for MM, walk around Bramall Lane	All Welcome	SUFC	2nd	10:00	FREE
Climbing	Mini Works Induction to bouldering for kids	Children only	The Climbing Works	Daily: 4th-8th, 11th-15th, 18th-19th, 25th-29th	10:00	£5, with MoveMore app
Climbing	Adult Introductions to bouldering 50% discount. Book online.	Adults only 18+	The Climbing Works	5th, 12th, 19th, 20th, 21st, 22nd, 26th	19:30	£10, with MoveMore app
Running	Run England: StrideOut Kids running group. 8+	Children only, 8+	Rivelin Cafe	2nd, 16th, 30th	10:00	£1.00
Running	Run England: StrideOut running group	Women only, 14+	Wisewood Leisure Centre	4th, 18th	19:00	£1.00
Running	Run England: StrideOut running group	Women only, 14+	Oughtibridge War Memorial Sports Club	7th, 21st	19:00	£1.00
Running	Run England: StrideOut running group	Women only, 14+	Crookes Social Club	11th, 25th	18:30	£1.00
Running	Run England: StrideOut running group	Women only, 14+	Forge Valley School Sports Centre	13th, 27th	18:30	£1.00
Running	Road running (5km)	All Welcome	Front Runners	4th, 11th, 18th, 25th	18:30	FREE
Running	Trail running	All Welcome	Longshaw	3rd, 10th, 17th, 24th, 31st	09:30	FREE
Running	Trail running (10km)	All Welcome	Front Runners	19th	18:30	FREE
Running	Parkrun	All Welcome	Concord Sports Centre	2nd, 9th, 16th, 23rd, 30th	09:00	FREE
Running	Parkrun	All Welcome	Endcliffe Park	2nd, 9th, 16th, 23rd, 30th	09:00	FREE
Running	Parkrun	All Welcome	Graves Park	2nd, 9th, 16th	09:00	FREE
Running	Parkrun	All Welcome	Hillsborough Park	2nd, 9th, 23rd, 30th	09:00	FREE
Running	Parkrun	All Welcome	Manor Fields Park	2nd, 9th, 16th, 23rd, 30th	09:00	FREE
Running	Race For Life	All Welcome	Meadowhall	3rd	09:30	FREE
Running	Run in the Park - 3K Fun Run	All Welcome	Graves Park	10th	10:00	FREE
Running	Run For It	Adults only 16+	Western Park Museum	13th	17:40	£2.00
Running	Wood Run	Adults only 16+	Ecclesall Woods	14th, 28th	09:30	£1.00
Running	Run England: Trust 10k Trail run	All Welcome	Longshaw	24th	08:15	FREE
Cliffhanger	CLIMB HUB (Devonshire Green), BIKE HUB (Peace Gardens) and RUN HUB (Barker's Pool, outside City Hall).	City Centre	City Centre	9th-10th	10:00	FREE

July is...
**move
more**
Month



Disability Sports

Physical activity can make a fundamental difference to disabled people's quality of life, increase independence and help create a supportive social network. Disabled people should have every opportunity to be as active as non-disabled people and this July, there are a wide variety of sports available to try.

Boccia will bowl you over!

Boccia is a Paralympic sport designed for those with physical impairments or learning difficulties. It is a target ball sport similar to bowls but played indoors with soft leather balls and once played, is very addictive!

Players can build strength and co-ordination through this sport but most of all, have fun and socialise with others. With sessions happening this July for ages 8+, it's time to get involved and join the movement.

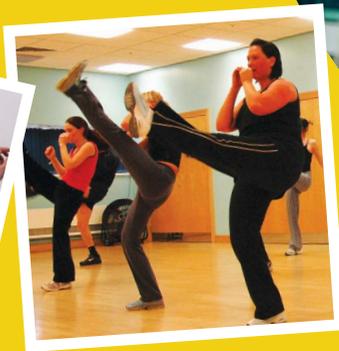
Hoop, there it is!

Wheelchair basketball is an exciting sport designed not only for those with a disability but is also great for those with low fitness levels. It encourages a competitive spirit and is another great way to get active.

So take part this July in an open session with the Sheffield Steelers Wheelchair Basketball Academy and shoot some hoops!

Activity type	Description	Who's it for?	Location	Date (July)	Start time	Cost
Wheelchair Basketball	Sheffield Steelers Wheelchair Basketball Academy: Open session	Designed for disability or low fitness levels	English Institute of Sport Sheffield	2nd, 23rd, 30th	12:00	£3.00
Wheelchair Basketball	Sheffield Steelers Wheelchair Basketball Academy: Open session	Designed for disability or low fitness levels	Sheffield Springs Academy	9th	12:00	£3.00
Wheelchair Basketball	Sheffield Steelers Wheelchair Basketball Academy: Open session	Designed for disability or low fitness levels	Springs Leisure Centre	16th	12:00	£3.00
Boccia	Sheffield Smashers. Age 8+ with special educational needs or learning difficulties	Designed for disability or low fitness levels	Ponds Forge International Sports Centre	7th, 14th, 21st, 28th	17:45	£2.00
Boccia	Age 16+ with special educational needs or learning difficulties	Designed for disability or low fitness levels	Wisewood Leisure Centre	11th	11:00	£3.00
Cycling	Sheffield Cycling 4 All: Open sessions from Disability Sheffield	Designed for disability or low fitness levels	Hillsborough Park	7th, 14th, 21st, 28th	10:00	£5.00
Tennis	Tennis: Age 18+ with special educational needs or learning difficulties	Designed for disability or low fitness levels	Graves Tennis And Leisure Centre	4th, 11th, 18th, 20th, 25th	13:30	£1.50
Dancing	Dancestart Dance Group: Age 6+ with special educational needs and learning difficulties	Designed for disability or low fitness levels	Forge Valley School Sports Centre	4th, 11th, 18th, 20th, 25th	17:15	£2.50
Dancing	Tea Dance for people living with Dementia.	Designed for disability or low fitness levels	Graves Tennis And Leisure Centre	13th	11:00	FREE
Multi-Activities	Leisure Time: Session for all ages, with special educational needs or learning difficulties	Designed for disability or low fitness levels	Concord Sports Centre	1st, 8th, 15th, 22nd, 29th	10:30	FREE
Multi-Activities	Bawtry Road Mavericks: Age 18+ with special educational needs or learning difficulties	Designed for disability or low fitness levels	Sports Park	6th, 13th, 27th	13:00	£2.00
Multi-Activities	Boccia & Multi sports: Age 16+ with special educational needs and learning difficulties	Designed for disability or low fitness levels	Wisewood Leisure Centre	4th, 18th, 20th, 25th	11:00	£3.00
Multi-Activities	Multi sports: Age 16+ with special educational needs or learning difficulties	Designed for disability or low fitness levels	Wisewood Leisure Centre	5th, 12th, 19th, 26th	10:00	£2.00

'Disabled people should have every opportunity to be as active as non-disabled people and this July'



Try Something Different!

Physical and mental fitness both play important roles in leading a healthy life and everyone is encouraged to Move More this July and try something new! Start moving more this summer and...

- Reduce your stress levels
- Build your self esteem
- #feelgood inside and out!

Top Class!

Get your heart rate going with an invigorating spin class, work those arms in Kettlebells or Body Attack or take time to focus and relax with Pilates and Yoga. There's a class for everyone, so don't be afraid to start! Keep the CTA the same.

To arrange a booking simply contact the venue holding the fitness class. All contact details are available at the back of this brochure.

Our Sheffield City Partners have a wide variety of activities available from ice skating and fitness classes to team sports such as rounders and rugby. There are even a selection of open days that are free to attend offering with free activity sessions, health checks and much more!



Activity type	Description	Who's it for?	Location	Date (July)	Start time	Cost
Athletics	Try out Athletics: Free session with track access & coaching included.	All welcome	English Institute of Sport Sheffield	3rd	10:00	FREE
Athletics	Try out Athletics: Free session with track access & coaching included.	All welcome	English Institute of Sport Sheffield	15th	17:00	FREE
Dancing	Chance to Dance	All welcome	The Moor	2nd	13:00	FREE
Group Classes	Cardio HIT	All welcome	Goodwin Sports Centre	1st, 8th, 15th, 22nd, 29th	TBC	£1.00
Group Classes	SIV Fitness Class: Abs Workout	All welcome	Concord Sports Centre	1st	09:30	FREE
Group Classes	SIV Fitness Class: Body Attack	All welcome	Concord Sports Centre	7th	17:30	FREE
Group Classes	SIV Fitness Class: Boxxercise Class	All welcome	Concord Sports Centre	15th	18:30	FREE
Group Classes	SIV Fitness Class: Spin class	All welcome	Concord Sports Centre	10th	09:30	FREE
Group Classes	SIV Fitness Class: Spin class	All welcome	English Institute of Sport Sheffield	1st	17:30	FREE
Group Classes	SIV Fitness Class: Spin class	All welcome	English Institute of Sport Sheffield	15th	17:30	FREE
Group Classes	SIV Fitness Class: Spin class	All welcome	English Institute of Sport Sheffield	21st	18:20	FREE
Group Classes	SIV Fitness Class: Kettlebells	All welcome	English Institute of Sport Sheffield	10th	10:00	FREE
Group Classes	SIV Fitness Class: Step Class	All welcome	Hillsborough Leisure Centre	15th	09:30	FREE
Group Classes	SIV Fitness Class: Dance Fitness	All welcome	Hillsborough Leisure Centre	21st	10:00	FREE
Group Classes	SIV Fitness Class: CX Worx	All welcome	Ponds Forge International Sports Centre	7th	12:15	FREE
Group Classes	SIV Fitness Class: Body Combat	All welcome	Ponds Forge International Sports Centre	10th	16:00	FREE
Group Classes	SIV Fitness Class: Military Circuits	All welcome	Springs Leisure Centre	1st	09:30	FREE
Group Classes	SIV Fitness Class: Pilates Class	All welcome	Springs Leisure Centre	21st	19:30	FREE
Ice Skating	iceSheffield: Free Ice Skating session	All welcome	iceSheffield	12th	19:30	FREE
Ice Skating	iceSheffield: Free Ice Skating session	All welcome	iceSheffield	14th	20:00	FREE
Ice Skating	iceSheffield: Free Ice Skating session	All welcome	iceSheffield	24th	16:15	FREE
Ice Skating	iceSheffield: Free Ice Skating session	All welcome	iceSheffield	28th	20:00	FREE
Leisure activities	Free Open family session to try out various sports with coaching	All welcome	Ponds Forge International Sports Centre	22nd	10:00	FREE
Leisure activities	Move More Fitness Open Day	All welcome	Thorncliffe Leisure Centre	13th	18:00	FREE
Leisure activities	Move More Open Day, Free Tasters and coaching in Table Tennis, badminton, football, and free health checks	All welcome	Wisewood Leisure Centre	16th	12:00	FREE
Leisure activities	Move More Open Day, Free Tennis Tasters, Trampolining taster, Table Tennis, and Badminton	All welcome, Age 5+	Graves Tennis And Leisure Centre	16th	12:00	FREE
Leisure activities	Olympic Exercise Demonstration and Health Info Fair	All welcome	Graves Tennis And Leisure Centre	6th	11:03	FREE
Leisure activities	Free Open family session to try out various sports with coaching	All welcome	Concord Sports Centre	3rd	10:00	FREE
Rounders	Zest Community Rounders	All welcome	Ponderosa Park	2nd, 9th	10:30	FREE
Rounders	ZEST: Community Rounders	All welcome	Ruskin Park	16th, 23rd	10:30	FREE
Rugby	SHU: Rugby Tournament (16+)	All welcome	Sports Park	6th	10:00	FREE
Table Tennis	Family Table Tennis session	All welcome	Wisewood Leisure Centre	6th	16:55	FREE
Table Tennis	Free Table Tennis Session	All welcome	English Institute of Sport Sheffield	4th	17:00	FREE
Yoga	SHU: Yoga	All welcome	SHU: Pearson Building	7th, 14th, 21st, 28th	12:30	£1.00
Yoga	SIV Fitness Class: Yoga Class	All welcome	Hillsborough Leisure Centre	7th	07:15	FREE

July is...
**move
 more**
 Month



Game, Set, Match!

Racket sports

Make a racket by taking part in tennis, table tennis, badminton or squash this July.

For those new to racket sports, what better way to start than with a friend? Let the friendly rivalry commence and take advantage of free court hire from some of our Sheffield City Partners.

Simply contact the venue directly to place your booking. All venue details are available at the back of this brochure.



Activity type	Description	Who's it for?	Location	Date (July)	Start time	Cost
Badminton	Open Session	All Welcome	English Institute of Sport Sheffield	4th	17:00	FREE
Badminton	Open Session	All Welcome	Sheffield Hallam Active	4th	12:30	£1.00
Badminton	Open Session	All Welcome	Sheffield Hallam Active	4th	17:30	£1.00
Badminton	Open Session	All Welcome	Wisewood Leisure Centre	9th	16:55	FREE
Badminton	Open Session	All Welcome	Pearson Building	25th	12:30	£1.00
Badminton	Open Session	All Welcome	Pearson Building	25th	17:30	£1.00
Multi Sports	Badminton and Table Tennis session	All Welcome	Ponds Forge International Sports Centre	12th, 19th, 20th, 26th	18:00	FREE
Multi Sports	Badminton and Table Tennis session	All Welcome	English Institute of Sport Sheffield	21st	17:00	FREE
Multi Sports	Badminton and Table Tennis session	All Welcome	Concord Sports Centre	11th, 18th, 25th	10:30	FREE
Multi Sports	Badminton, Basketball & Table Tennis	All Welcome	Springs Leisure Centre	30th, 31st	10:00	FREE
Squash	Free Squash Court Access	All Welcome	Concord Sports Centre	4th, 9th	13:00	FREE
Squash	Free Squash Court Access	All Welcome	Concord Sports Centre	10th, 23rd	15:00	FREE
Squash	Free Squash Court Access	All Welcome	Concord Sports Centre	13th	10:00	FREE
Squash	Free Squash Court Access	All Welcome	Concord Sports Centre	18th	16:00	FREE
Tennis	Great British Tennis Weekend - Open Days	All Welcome	Various Tennis Centres	16th, 17th	09:00	FREE





Make a splash!

Swimming & Diving

Swimming is a good all-round activity that is great for the body and mind. This July there are a selection of dedicated leisure swimming sessions where you can make a splash and have fun with floats and inflatables or simply take time out to relax and swim at your own pace with lane and public swimming.

Don't fancy taking part? Swimming and diving are great spectator sports so have a go at cheering on the athletes as you watch the ASA National Diving Championships and British Swimming Summer National Competition.

Activity	Description	Who's it for?	Location	Date ((July)	Start time	Cost
Swimming	Just Swim	All Welcome	Concord Sports Centre	14th	10:00	FREE
Swimming	Just Swim	All Welcome	Heeley Swimming Pool	21st	14:30	FREE
Swimming	Just Swim	All Welcome	Concord Sports Centre	29th	11:00	FREE
Swimming	Lane Swimming	All Welcome	Ponds Forge International Sports Centre	5th, 19th, 20th	14:00	FREE
Swimming	Lane Swimming	All Welcome	Springs Leisure Centre	13th	11:00	FREE
Swimming	Leisure Swimming	All Welcome	Hillsborough Leisure Centre	4th, 25th	14:30	FREE
Swimming	Move More Aqua Day	All Welcome	Thornciffe Leisure Centre	16th	13:30	FREE
Swimming	Swimming Session	All Welcome	Goodwin Sports Centre	5th, 7th, 12th, 14th, 19th, 20th, 21st, 26th, 28th	15:00	£1.00
Diving	ASA National age group Diving Championship	Spectators	Ponds Forge International Sports Centre	Daily: 7th-10th	tbc.	FREE
Swimming	British Swimming Summer National Competition	Spectators	City Centre	Daily: 25th-31st	tbc.	FREE

Half the wheels, twice the fun!

Cycling

Enjoy the great outdoors with a fun, family 5k cycle ride or if you're a cycling enthusiast, push the your limits by trying a hill climb or a 15k ride. There are lots of cycling events to take part in this July so get your helmet on and those pedals moving!



Activity type	Description	Who's it for?	Location	Date (July)	Start time	Cost
Cycling	Jenkin Hill Road Cycling	Spectators	Wincobank Common	2nd	10:00	FREE
Cycling	Jenkin Hill Climb	All Welcome	Wincobank Common	2nd	10:00	FREE
Cycling	Jenkin Hill Time Trial	British Cycling licence holders	Wincobank Common	2nd	13:00	FREE
Cycling	Allez Allez ride	All Welcome	Devonshire Green	2nd	15:30	FREE
Cycling	Sky Ride	All Welcome	Ecclesall Road	3rd	11:00	FREE
Cycling	Ride For Eric: TNT Enthusiast 50k	All Welcome	Abbeydale Sports Club	10th	09:05	FREE
Cycling	Ride For Eric: Occasional Rider 15k	All Welcome	Abbeydale Sports Club	10th	10:15	FREE
Cycling	Ride For Eric: Fun and Family ride 5k	All Welcome	Abbeydale Sports Club	10th	11:00	FREE
Cycling	Steel Valley Charity Ride	All Welcome	Full Gas Bikes	16th	09:00	FREE
Cycling	SHU: Grand Prix Cycling	All Welcome	City Centre	20th	18:00	FREE

Venues

Near you...

- 1 Abbeydale Sports Club**
Abbeydale Road,
S17 3LJ
T. 0114 236 7011
- 2 Concord Sports Centre**
Shiregreen Lane,
S5 6AE
T. 0114 257 0053
- 3 Crookes Social Club**
Mulehouse Road,
Crookes,
S10 1TD
T. 0114 266 0114
- 4 Derek Dooley Sports Centre**
Weston View,
Crookes,
S10 5BZ
T. ??
- 5 English Institute of Sport Sheffield**
Coleridge Road,
Attercliffe,
S9 5DA
T. 0114 223 5600
- 6 Forge Valley School Sports Centre**
Wood Lane, Forge
Valley,
S6 5HG
T. 0114 234 8805
- 7 Front Runners**
296 Sharrow Vale
Road, Sharrow Vale,
S11 8ZL
T. 0114 266 9591
- 8 Full Gas Bikes**
Fox Valley Retail Park
Stocksbridge,
S36 2AB
T. 0114 213 8020
- 9 Goodwin Sports Centre**
Northumberland Rd,
S10 2TY
T. 0114 222 6999
- 10 Graves Tennis and Leisure Centre**
Bochum Parkway,
Norton,
S8 8JR
T. 0114 283 9900
- 11 Heeley Swimming Pool**
Broadfield Rd,
Heeley,
S8 0XQ
T. 0114 250 0443
- 12 Hillsborough Leisure Centre**
Beulah Road,
Hillsborough,
S6 2AN
T. 0114 231 2233
- 13 iceSheffield**
Coleridge Rd,
Attercliffe,
S9 5DA
T. 0114 223 3900
- 14 Lucozade Power League**
3 Stadium Way,
Attercliffe,
S9 3HL
T. 0114 261 7000
- 15 Meadowhead School**
Dyche Lane,
Norton,
S8 8BR
T. 0114 237 2723
- 16 SHU: Pearson Building**
Collegiate campus,
Ecclesall Road,
S10 2BP
T. 0114 225 5555
- 17 Ponds Forge International Sports Centre**
Sheaf Street,
City Centre,
S1 2AA
T. 0114 223 3400
- 18 Sheffield Hallam Active**
Collegiate campus
Ecclesall Road
S10 2BP
T. 0114 225 3000
- 19 Sheffield Springs Academy**
Hurlfield Road,
Sheffield,
S12 2SF
T. 0114 239 2631
- 20 Sheffield United Academy**
Firhill Crescent,
Sheffield,
S4 7DJ
T. 0871 663 2432
- 21 Sports Park**
Sheffield Hallam,
Bawtry Road,
S9 1UA
T. 0114 225 4599
- 22 Springs Leisure Centre**
East Bank Road
Sheffield,
S12 2SF
T. 0114 239 0880
- 23 Stocksbridge Leisure Centre**
Moorland Drive,
Stocksbridge,
S36 1EG
T. 0114 288 3792
- 24 SUFC**
Bramall Lane,
City Centre,
S2 4SU
T. 0871 995 1899
- 25 The Climbing Works**
Centenary Works,
Little London Road,
S8 0UJ
T. 0114 250 9990
- 26 Thorncliffe Leisure Centre**
Pack Horse Lane,
High Green,
S35 3HY
T. 0114 284 3910
- 27 U-Mix**
17 Asline Road,
Lowfield,
S2 4UJ
T. 0114 258 7787
- 28 Westfield Sports Centre**
Eckington Road,
Sheffield,
S20 1HQ
T. 0114 248 5221
- 29 Wisewood Leisure Centre**
75 Laird Road,
Sheffield,
S6 4BS
T. 0114 233 5457
- 30 Zest Gym**
18 Upperthorpe,
Sheffield,
S6 3NA
T. 0114 270 2040



July is...
**move
more**
Month

Find out more at
movemoresheffield.com

#MoveMoreMonth

Download the App today...



Find us on

