



Healthworks
the community health charity

Healthworks Getting Active



Healthworks Gym and Exercise Classes
HealthWalks
Staying Steady Falls Prevention Programme
ESCAPE-Pain Programme

Welcome to Healthworks

Getting Active Services

Whether you're looking to improve your fitness, manage a health condition, build confidence or simply get moving more, Healthworks has a range of friendly and affordable activities to help you get started.

Alongside our community gyms and open access exercise classes, we also provide specialist physical activity programmes and free Healthwalks.

Our services are particularly suited to people who may need extra support to get active safely, including those living with long-term health conditions, existing health concerns or low confidence around exercise.

What We Offer:

Healthworks Gym:

- Healthworks Gyms at Health Resource Centre in Benwell and The Lemington Centre
- Getting Active classes - open access exercise classes

Classes for over 50's or people with long term conditions:

- Next Steps and Keep Moving

Specialist physical activity classes:

- Steady Steady - Falls Prevention
- ESCAPE-Pain

Free Weekly Healthworks:

- With our Community Wellbeing Pathfinders Team

Specialist Gym Sessions:

- Women Only gym sessions
- Baby Gym sessions

Take a look at the following pages to find out What's On and where - our sessions sometimes change at short notice, so we'd also recommend [checking our website](https://www.healthworksne.org.uk) by scanning the code for the most up to date information.

www.healthworksne.org.uk



More Than Just a Gym

Every visit to our Gyms supports your local community



Fully equipped, low-cosy community gyms at the Health Resource Centre, Benwell, NE4 8BE and The Lemington Centre, Tyne View, NE15 8RZ:

- Accessible and low cost - from only £4 per session (monthly and annual membership options also available)
- No judgement - just support and encouragement
- Suitable for all ages and fitness levels

**To join or find out more:
visit our website, scan the code
or call 0191 272 4244**

www.healthworksne.org.uk



Gym and Class Prices

From April 2026

Gym + Class Membership

£25 per month | £250 per year
Full access to gym and classes

Gym Membership

£15 per month | £150 per year
Gym access only

Pay Per Session

£4 per session
No commitment

Passes and Vouchers

10 Classes: £36
31 Day Gym Pass: £18

To join our gym, book a class or
find out more: visit our website, scan the
code or call 0191 272 4244

www.healthworksne.org.uk



Getting Active Classes

**Open access, low cost, friendly exercise classes
for all ages and abilities**



- ✓ Beginners welcome
- ✓ Exercise at your own pace
- ✓ Friendly and supportive

**At the Health Resource Centre, Benwell, NE4 8BE and
The Lemington Centre, Tyne View, NE15 8RZ:**

- Zumba, Yoga, Pilates and more from only £4 per session
- Class passes available - £30 for ten classes
- Suitable for beginners and regular exercisers

**Find a class that suits you - visit our
website, scan the code or
call 0191 2724244**

www.healthworksne.org.uk



HIIT Class

Join our new HIIT Class!

Feel the burn, find your pace - HIIT for everybody at Healthworks.

When

Monday 5pm to 5.45pm

Where

The Health Resource Centre,
Benwell, NE4 8BE

How Much

£4 per session -
class pass available
(10 sessions for £30)

How to Book

Book your place at reception, on our website, scan the code or call us on
0191 272 4244

- 
- ✓ **Beginners welcome**
 - ✓ **Exercise at your own pace**
 - ✓ **Friendly and supportive**

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Healthworks Join Gym

Zumba Sentao

Zumba Sentao = Toning + Strength
Uses a chair for support and resistance -
focuses on legs, arms, and core -
builds strength and muscle

When

Monday 6pm to 7pm

Where

**The Health Resource Centre,
Benwell, NE4 8BE**

How Much

£4 per session -
class pass available
(10 sessions for £30)

How to Book

Book your place at reception, on our
website, scan the code or call us on
0191 272 4244

- 
- ✓ **Beginners welcome**
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 - ✓ **Friendly and supportive**



Fitness Foundations Bootcamp

No experience needed!

Build confidence, move better, feel stronger. Start with Fitness Foundations Bootcamp.

When

Tuesday 6.30 to 7.30pm

Where

**The Health Resource Centre,
Benwell, NE4 8BE**

How Much

**£4 per session -
class pass available
(10 sessions for £30)**

How to Book

**Book your place at reception, on our
website, scan the code or call us on
0191 272 4244**

- 
- ✓ **Beginners welcome**
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Healthworks Join Gym

www.healthworksne.org.uk - 0191 272 4244

Zumba

Zumba = Dance Cardio!

With big dance steps and plenty of energy. A fun way to burn calories and improve your heart fitness.

When

Wednesday 5 to 6pm

Where

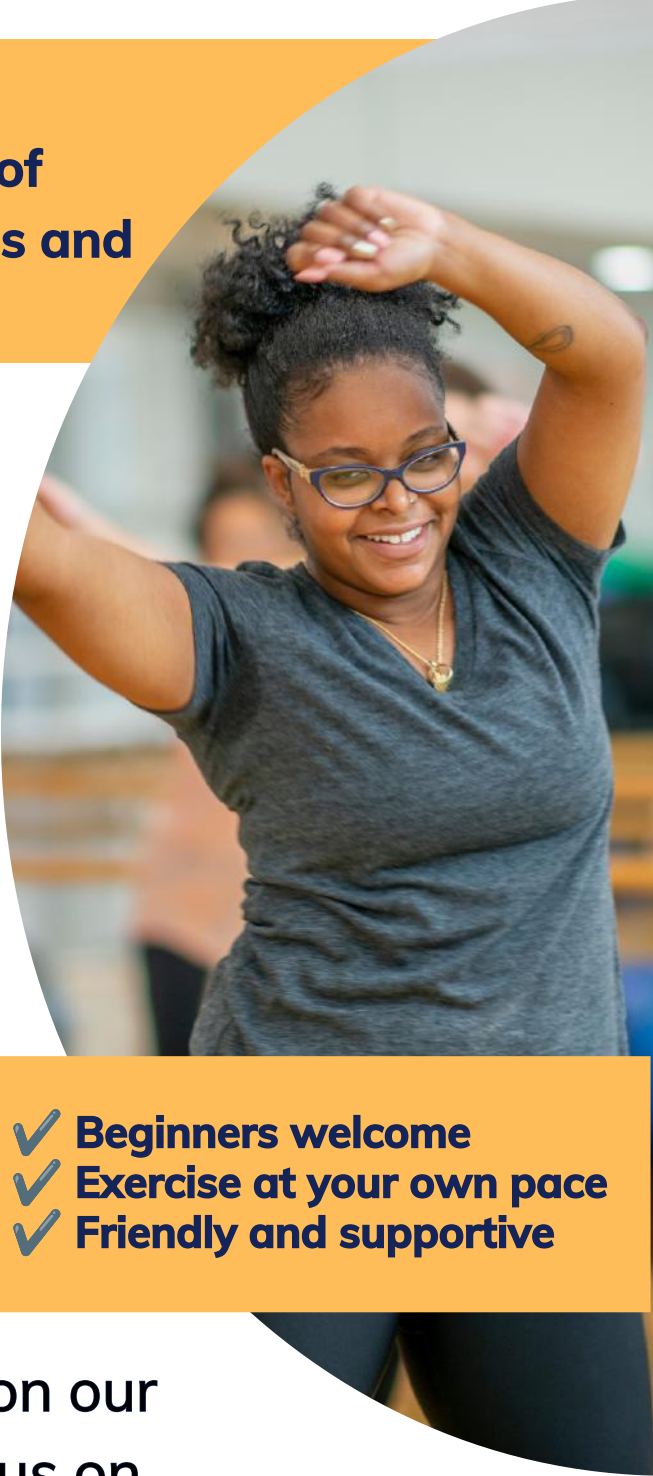
**The Health Resource Centre,
Benwell, NE4 8BE**

How Much

**£4 per session -
class pass available
(10 sessions for £30)**

How to Book

**Book your place at reception, on our
website, scan the code or call us on
0191 272 4244**

- 
- ✓ **Beginners welcome**
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 - ✓ **Friendly and supportive**



Yoga

Yoga at your own pace.

A calm, friendly space to try yoga at your own pace -beginners always welcome.

When

Thursday 5.30 to 6.30pm

Where

**The Health Resource Centre,
Benwell, NE4 8BE**

How Much

**£4 per session -
class pass available (10
sessions for £30)**

How to Book

**Book your place at reception, on our
website, scan the code or call us on
0191 272 4244**

- 
- ✓ **Beginners welcome**
 - ✓ **Exercise at your own pace**
 - ✓ **Friendly and supportive**



Fitness Fusion

Women Only

Suitable for all fitness levels

**No matter your starting point,
Fitness Fusion welcomes all levels.**

When

Friday 10 to 10.45am

Where

**The Health Resource Centre,
Benwell, NE4 8BE**

How Much

**£4 per session -
class pass available
(10 sessions for £30)**

How to Book

**Book your place at reception, on our
website, scan the code or call us on
0191 272 4244**



- ✓ **Beginners welcome**
- ✓ **Exercise at your own pace**
- ✓ **Friendly and supportive**



Pilates

Beginner friendly Pilates

Build core strength, fitness and improve your posture at your own pace.

When

Tuesday 10am to 11am

Where

**The Lemington Centre,
Tyne View, NE15 8RZ**

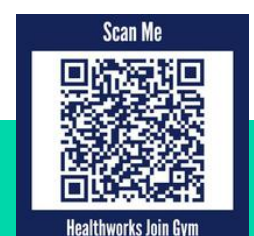
How Much

**£4 per session -
class pass available
(10 sessions for £30)**

How to Book

Book your place at reception, on our website, scan the code or call us on 0191 272 4244

- 
- ✓ **Beginners welcome**
 - ✓ **Exercise at your own pace**
 - ✓ **Friendly and supportive**



Yoga

Yoga at your own pace.

A calm, friendly space to try yoga at your own pace - beginners always welcome.

When

Friday 9.45am to 11.15am

Where

**The Lemington Centre,
Tyne View, NE15 8RZ**

How Much

**£4.50 per session -
class pass available
(10 sessions for £30)**

How to Book

Book your place at reception, on our website, scan the code or call us on 0191 272 4244

- 
- ✓ **Beginners welcome**
 - ✓ **Exercise at your own pace**
 - ✓ **Friendly and supportive**

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Healthworks Join Gym

Next Steps and Keep Moving

Friendly, low-impact classes people over 50 - to help you stay active, independent and connected



- ✓ Beginners welcome
- ✓ Exercise at your own pace
- ✓ Friendly and supportive

Keep Moving and Next Steps sessions:

- Designed for people aged 50+
- Suitable for long-term health conditions
- Gentle circuit-style exercises
- Stay active, socialise, and have fun

To find a class and book: please call 0191 272 4244, scan the code or ask at reception
www.healthworksne.org.uk

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Healthworks ESCAPE Pain



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**Various
Locations**

Next Steps and Keep Moving Class Times

Light circuit classes designed for people aged 50+ or those managing long-term health conditions.

Next Step Classes

The Health Resource Centre, Benwell, NE4 8BE

- Monday: 10:30 to 11:30am
- Tuesday: 1:00 to 2:00pm
- Wednesday: 10:30 to 11:30am
- Thursday: 10:30 to 11:30am

Cost: £3.50 per class

Keep Moving Classes

The Lemington Centre, NE15 8RZ

- Monday, Wednesday and Thursday:
10.30 to 11.30am

Cost: £3.50 per class

Trinity Church, Gosforth, NE3 4AG

- Monday & Wednesday: 1.30 to 2.30pm

Cost: £5 per class



Please call 0191 272 4244 to book
www.healthworksne.org.uk



Prevent Falls, Stay Steady

Staying Steady is a free and friendly programme to help you improve balance, strength, and confidence



Staying Steady - helping you stay active, independent, and safe:

- Weekly group sessions
- Improve strength and balance
- Reduce your risk of falls
- Simple exercises to do at home

**To book: please call 0191 272 4244,
scan the code or ask at reception
www.healthworksne.org.uk**

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Healthworks Staying Steady



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the community health charity

**Various
Locations**

Staying Steady Class Times

Staying Steady is a free and friendly programme to help you improve balance, strength, and confidence.

You can be referred by a health professional, or refer yourself to the programme.

Classes are free and take place at various locations each week.

Class Locations:

- **Monday:** The Lemington Centre
- **Tuesday:** Trinity Church, Gosforth
- **Wednesday:** Health Resource Centre, Benwell
- **Thursday:** East End Pool in Byker

Times:

- **12.15pm to 1.15pm**
- **1.45pm to 2.45pm**



**To refer: please call 0191 272 4244
or scan the code**

www.healthworksne.org.uk



Living With Joint Pain?

ESCAPE-Pain is a free, proven programme to help you move better and feel more confident



ESCAPE-pain is a proven NHS supported approach to help:

- Improve movement and reduce pain
- Build confidence and independence
- Support while waiting for treatment or surgery

To access ESCAPE-Pain you need to be referred by the Tyneside Integrated Musculoskeletal Service (TIMS).

**Find out more:
contact TIMS or scan the code
www.healthworksne.org.uk**

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Healthworks ESCAPE Pain



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**Various
Locations**

ESCAPE-Pain Class Times

To access ESCAPE-Pain you need to be referred by the Tyneside Integrated Musculoskeletal Service (TIMS).

Classes run in programmes throughout the year rather than as ongoing weekly sessions.

ESCAPE-Pain Joints classes are free and take place at various locations each week:

**Health Resource Centre in Benwell:
Tuesday and Thursday 9.15am**

**St John's Church: Wednesday and
Friday 12pm**

**Barnmoor Hub, Ryton: Tuesday and
Thursday 2.30pm**

**Gateshead Leisure Centre: Monday
and Thursday 1pm**



**Find out more:
contact TIMS or scan the code
www.healthworksne.org.uk**

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Healthworks ESCAPE Pain

Gym Sessions

Women Only

Health Resource Centre

Tuesday 1pm to 2pm

Friday 9am to 10am

How Much

£4 per session -
monthly and yearly
memberships available

How to Book

Book your place at reception,
on our website, scan the code
or call us on 0191 272 4244



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Healthworks Join Gym

Baby Gym Sessions

Work out with your baby by your side

Health Resource Centre:

Monday 2pm to 3pm

Thursday 3pm to 4pm

The Lemington Centre

Wednesday 1.30pm to 2.30pm

Friday 2pm to 3pm

How to Book

Book your place at reception
or call us on 0191 272 4244

From £4 per session



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Healthworks Gym

FREE WEEKLY

**West
Newcastle**

HealthWalk



**Join us for a free community
HealthWalk every Wednesday
10am to 11am in the west of Newcastle**

**Get out and about - meet other people - socialise -
improve your fitness - manage your weight**

Please call 0191 272 4244 to book

www.healthworksne.org.uk

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Healthworks Getting Active

Contact Us



- **The Health Resource Centre: 0191 272 4244**
Adelaide Terrace, Benwell, NE4 8BE
- **The Lemington Centre: 0191 264 1959**
Tyne View, Lemington, Newcastle upon Tyne NE15 8RZ
- **www.healthworksne.org.uk/contact**



What's On

Each week we offer a range of activities at The Health Resource Centre in Benwell, The Lemington Centre and other venues.

To find out the details of all of our activities, please visit the [What's On](#) events section on our website.





Healthworks
the community health charity

Helping people of all ages across the
North East live longer, healthier and
happier lives since 1995

www.healthworksne.org.uk



**READ OUR
LATEST
IMPACT
REPORT**

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Healthworks Impact Report

0191 272 4244

enquiries@hwn.org.uk

