

Exercise at Xcel

(FREE transport provided)



“Exercise at Xcel” is an exercise group starting **Monday 22nd July**. FREE TRANSPORT is provided to and from Cobham, Hersham and Molesey to Elmbridge Xcel Leisure Centre in Walton. Participants can take part in Cardiac Rehab classes, swimming, badminton and any other activities on offer at the Centre. [Visit the Xcel website for a full list of activities.](#)

Timings

Arrive at Walton Xcel: 10.30am

Time spent at Xcel: 90 minutes

Pick up from Xcel: 12.00pm

Badminton is FREE but all other activities will be paid for by participants (eg. swimming, gym)

The group is run by Mary Frances Trust and is designed to reduce social isolation and encourage people to lead an active lifestyle which is known to improve mental health and wellbeing.

The project is supported by [Walton on Thames Charity](#).

To join, you need to register with Mary Frances Trust

You can contact MFT by:

Tel: 01372 375400, Text: 07929 024722

email: info@maryfrancestrust.org.uk

Mary Frances Trust is a charity that supports people to improve their emotional well-being through one-to-one support, courses, groups and activities designed to aid recovery.