



**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](#) by scanning the code for the most up to date information.



# 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](http://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](http://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](http://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**

Scan Me



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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Healthworks Join Gym

# **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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  - ✓ **Friendly and supportive**

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Healthworks Join Gym

# 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**
  - ✓ **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**

**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**





**Healthworks**  
**Gym**  FITNESS FOR ALL

**Health  
Resource Centre  
Benwell**

# **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**

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Healthworks Join Gym

**[www.healthworksne.org.uk](http://www.healthworksne.org.uk) - 0191 272 4244**

# 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

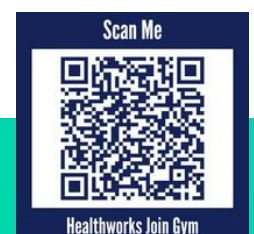
### **How Much**

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

## **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**



## 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](http://www.healthworksne.org.uk)**

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Healthworks ESCAPE Pain



**Healthworks**  
the community health charity

**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](http://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](http://www.healthworksne.org.uk)**

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Healthworks Staying Steady

# 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](http://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](http://www.healthworksne.org.uk)**

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Healthworks ESCAPE Pain

# 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](http://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](http://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](http://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](http://www.healthworksne.org.uk)

**30 Healthworks**  
CELEBRATING 30 YEARS

**IMPACT REPORT**  
2024 - 2025

**READ OUR  
LATEST  
IMPACT  
REPORT**

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Healthworks Impact Report

0191 272 4244

[enquiries@hwn.org.uk](mailto:enquiries@hwn.org.uk)

