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Torwood Wheelers

Thursday: 18:00–20:00

Torwood Wheelers



Introduction

Fancy trying a sport that's completely different?. We are the only club in England to practise the fun, exhilarating Sport of Rhönrad.

If you're looking for a form of exercise that's unique, challenging and fun, then Wheel Gymnastics may be for you. Wheeling lends itself well to core and flexibility workouts as well as adding an element of performance if you want it.

We're often popular with people who are interested in dance, gymnastics and pole fitness, so if you enjoy those things, why not come and give us a try?

We're a friendly, mixed ability group who welcome all over the age of 16 (younger if accompanied) and are looking for new members, so if you want to have a go, come along at 6:00 pm any Thursday evening.

Location

Sports Hall, Kesgrave Community Centre, Twelve Acre Approach, Kesgrave IP5 1JF

Contact

John Colles - Coach

01394 460233

torwood.wheelers.club@gmail.com

or use the form on the website home page.

www.torwell.plus.com/torwood/

Last updated: 17 February 2020

Location: Kesgrave Community Centre - IP5 1JF