



Engage, support, inspire  
through Sport & Physical Activity

## #TGC Exercise with kids

How do you get active with your kids? How can you juggle your fitness with the demands of your family? In County Durham there are lots of opportunities for activities that you can take your children along with you or in fact where you can all exercise together! These are just some we know of, if you know of others then let us know and we'll add it to our list!

### **Durham Climbing Centre**

<https://facebook.com/DurhamClimbingCentre>

<http://www.durhamclimbingcentre.co.uk/>

Parent & Toddler rock climbing sessions for ages 2-5 years Monday- Friday 10am-12pm.

Parents can climb with children. Drop in sessions anytime when parents can climb with children of any age. **Location:** Durham

### **Durham Mums on the Run**

<https://facebook.com/DurhamMumsontheRun>

<https://groups.runtogether.co.uk/DurhamMumsontheRun>

Running group – babies welcome trackside for Monday morning session. Can be pushed on the track if necessary! **Location** Durham

### **Faye Bell Fitness and Training**

<https://facebook.com/DanceFitFaye>

<http://fayebellfitness.co.uk/>

Qualified & insured Level 3 Personal Trainer, ETM Aerobics, Gym Instructor, Kid's Fitness & Aqua Fitness instructor! Licensed to teach Metafit, Powerhoop, FA Level 1 Football Coaching and Hula Hooping! **Locations:** Framwellgate Moor, Newbottle, Penshaw.

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### From Bump and Beyond Fitness

<https://frombumpandbeyondfitness.co.uk/about/>

<https://facebook.com/FromBumpandBeyondFitness/>

Various classes, Buggy Fit and Pilates. **Location:** [Sedgefield area. Hardwick Park.](#)

### Functional Fitness/CrossFit – various

Many have kids clubs/kids sessions and some allow children to attend classes (in safe areas).

*Check with the individual venues/coaches*

<https://facebook.com/CrossFitchesterlestreet/>

<https://facebook.com/crossfitjacana/>

<https://facebook.com/CrossfitDhm/>

<https://facebook.com/Mighty-Fitness-Durham>

### Get Fit North East

<https://.facebook.com/Get-Fit-North-East-331551543652213/>

<http://www.getfitnortheast.com/>

Children allowed in classes without weights/equipment, **Location:** [Louisa Centre, Consett](#)

### Go Forth Fitness and Wellbeing

<https://facebook.com/GoForthFW/>

Classes have space for children to play safely while adults train (have holiday club toys available). Adults have their class reward card and kids have a kids reward card and get a sticker each session. Also run family boxercise where children train and adults go free.

Depending on ages children can join in with some classes but most choose to play or colour in! Boxercise for Kids, Boxercise Instructor, Soccercise, Primary PE Specialist, Relax Kids Coach Supporting Childrens/teens and Adults mental health.

**Location:** [Sacrison, Durham](#)

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### Jupiter Health Club

<http://www.jupiterhealthclub.com/>

Allow children to attend classes (check with the club/coaches). **Location: Easington**

### LK Health and Wellbeing

<https://facebook.com/leannekempmetafit/>

<https://www.lkhealthandwellbeing.org/>

Children can participate in all classes, lots of parents bring their children along at no extra cost. Metafit, HIIT Blast, Core Blast & they can work with their parent at Boxatone.

**Locations: Lanchester, Langley Park, Belmont**

### MummyFit UK

<https://facebook.com/mummyfituk/>

Pre and post natal fitness/nutrition, national, health club based.

**Location: Nationwide but Classes at Ramside Spa** (<https://www.ramsidespa.co.uk/fitness/>)

### Parker Fitness

<https://parkerfitnessuk.com/>

<https://www.facebook.com/PFitnessUK/>

Classes and personal training, children welcome. Baby Active for pre and post natal women. Bishop Auckland (15 mile radius). **Location: Classes in Durham and Darlington**

### Junior and Saturday parkrun

Junior parkrun: **Durham, Chester le Street, Sedgefield**. It is a 2k event for juniors only (4-14 year olds). Parents can run with their child

Saturday parkrun: Free 5k,timed event. Children under 11 can run with their parents (must stay within arm's reach!), over 11s can run alone.

**Various locations, see** <http://www.parkrun.org.uk/events>

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### Platinum Physiotherapy and Personal Training

<https://facebook.com/PlatinumPPT>

Swiss Ball Core fitness classes and 'Sports Fit' HiiT classes, some available for parents/children. Contact for timetable. [Location: Coxhoe](#)

### Skinny Pigs

Children allowed at classes, women only. Check with instructor

<https://skinnypigsfitness.com/timetable/> [Various locations in County Durham](#)

### Yoga North East:

<http://www.laura-yoganortheast.co.uk/mother-and-baby-yoga>

<https://www.facebook.com/YogaNorthEast/>

Mother and baby yoga (and during pregnancy). 14-18 year olds welcome if accompanied by an adult. [Locations: Lanchester, Shotley Bridge](#)

**Do you know of any other opportunities?  
Let us know at: [hello@countydurhamsport.com](mailto:hello@countydurhamsport.com)**

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