

What's On @ Active Communities 2026

June



Monday

Mindfulness | 10am-11am Station Seven | Free (Off 29/6)

Singing Buddies | 11am-12pm Station Seven | Free (Off 29/6)

Seasonal Yoga* | 1pm-2pm Station Seven | £3 (Off 29/6)

Man Cave | 6pm-8pm The Shed @Station Seven | Free

Andys Man Club | 7pm-9pm Station Seven | Free

Tuesday

Zumba® with Angela* | 9.30am-10.30am Station Seven | Free (Off 2/6 & 30/6)

Community Health Walk | 10.15am, 10.30am Station Seven | Free

Beginners Yoga* | 1pm-2pm Station Seven | £3 (Off 30/6)

Improving Cancer Journey Chatty Cafe | 1pm-3pm Station Seven | Free (On 30/6)

Hearty Lives Games & Grub P5-P7 | 3pm-4.45pm | Free (Off 30/6)

Pilates with Rhona* | 6pm-6.45pm Station Seven | £3 (Off 30/6)

Mens Drop In | 6pm-7pm Glencairn Court Social Space Gallowhill | Free

Jogging Buddies - All abilities* | 6.30pm Gleniffer High School, Foxbar | £3

Wednesday

Community Pantry & Breakfast | 10am-1pm Station Seven | Membership Required**

Pilates with Alexis* | 6pm-6.45pm Station Seven | £5

Yin Yoga* | 7.15pm-8.15pm Station Seven | £3

Thursday

Women's Break-xercise* | 9.30am-10.45am Station Seven | Free

Recovery Cafe partnership with Circle | 11am-2pm The Shed @ Station 7 | Free

Gallowhill Walking Buddies | 11am-12pm Outside Netherhill Road Shops | Free

Knit & Knatter | 1pm-3pm Station Seven | Free

Create Club Youth Drop In S1+ (with Create Paisley) | 4pm-5.30pm Station Seven | Free

Jogging Buddies - All abilities* | 6.30pm Station Seven | £3

Friday

Friday's In Motion | 10am-12pm Station Seven | Free (Off 5/6)

- Social Space from 10am

- Crochet from 10am

- Chair Yoga with Qigong* 11.15am

Gallowhill Exercise Class* | 11.15am-12pm | Gallowhill Community Centre | Free

Soup & Social | 12.30pm-2pm Gallowhill Community Centre | Free (Gallowhill area residents)

Saturday

Jogging Buddies - Slow 5K* | 10am ON-X Linwood | £3

Many of our groups are offered free of charge or at a heavily subsidised rate, thanks to funding from the National Lottery Community Fund and the Scottish Government.

Donations are always welcome.

*These groups must be booked in advance. Bookable via our booking system at <https://bookwhen.com/activecommunities> or scan the QR code

** Open to residents of Johnstone & surrounding villages

Groups are subject to change and cancellation



Workshops & Training

Events

Volunteer

We are looking for volunteers for our work across Renfrewshire. If you are interested in volunteering please contact info@activecommunities.co.uk scan the QR code or call 01505 801501



***Book online <https://bookwhen.com/activecommunities>**

For more information on food workshops contact: roundthetable@activecommunities.co.uk

Workshops/Events are subject to change and cancellation

Contact us for more information: 01505 801501/info@activecommunities.co.uk
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www.activecommunities.co.uk



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