Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Pilates and Leisure Centre

Version number: **1**
Last modified date: **12th November 2026**

Pilates and Leisure Centre

Patient Information

MSK Physiotherapy

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Introduction

Now that you have completed your course of the core stability class, you will either be re-assessed by your referring physiotherapist or be discharged from the department to self manage.

We would encourage you to continue with your exercise programme at home. There are seven council Leisure Centres within Wigan & Leigh, that are accessible through the **BeWell Scheme.**

BeWell Scheme Wigan and Leigh

Please either speak to your referring physiotherapist to request a referral to BeWell Wigan, or self refer by contacting:

01942 488 481

or completing an online referral on:
https://www.wigan.gov.uk/BeWell/Contacts/Wellbeing/Activity-referral.aspx

Register at your local Leisure Centre with a free BeWell Card to use the facilities at a discounted rate. Contact the BeWell team for prices.

Staff at each facility are unfortunately not able to provide you with any assistance that requires lifting and handling. Anyone accompanying you must have a BeWell card and will not be charged when supporting as a carer.

Please contact your local Leisure Centre for timetables on Pilates times:

Ashton Leisure Centre

Ashton Leisure Centre, Old Road, Ashton-in-Makerfield, Wigan, WN4 9TP

01942 720826

Pilates:

- Tuesday 09:15-10:15
- Thursday 13:45-14:45
- Friday 10:00-11:00

Howe Bridge Sports Centre

Eckersley Fold Lane, Atherton, M46 0PJ

01942 870403

Pilates:

- Monday 19:00-20:00
- Wednesday 12:00-13:00

Hindley Pool and Leisure Centre

Hindley Leisure Centre, Mornington Road, WN2 4LG

01942 404886

Pilates:

- Monday 12:30-13:30
- Wednesday 19:00-20:00
- Thursday 12:30-13:30

Wigan Life Centre

Wigan Life Centre, College Avenue, Wigan, WN1 1NJ

01942 489611

Pilates:

- Monday 12:00-12:45
- Friday 09:30-10:30

Leigh Leisure Centre

Leigh Sports Village, Sale Way, Leigh WN7 4JY

01942 487800

Pilates:

- Tuesday 20:00-21:00
- Wednesday 10:15-11:15
- Thursday 19:00-20:00

Robin Park Leisure Centre

Robin Park Leisure Centre, Loire Drive, Newtown, Wigan, WN5 0UL

01942 828550

Pilates:

- Tuesday 19:00-19:45
- Wednesday 13:15-14:15

Standish Leisure Centre

Standish Leisure Centre, Rectory Lane, Standish, Wigan, WN6 0XB

01942 486486

Pilates:

- Thursday 19:15-20:15
- Friday 18:15-19:15
- Saturday 09:00-10:00



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