GoodGym Stockport

About us

Location
Life Leisure, Grand Central, Stockport, SK1 3TA

What we do

GoodGym Stockport helps people get fit and do good. There are three ways to get involved:

Group Runs
We meet at Life Leisure Grand Central, run together, communally do a physical task which benefits the community and then run back. These runs take place on Tuesdays, from 6:45pm to 8:15pm.

Coach runs
Individual runners are paired with an older person in their area. They agree to run to their coach every week for six months for a chat and a reason to run. All of our coach runners are DBS checked.

Missions
Our runners do one-off practical tasks for older people in the area who are no longer able to undertake them themselves, from changing a lightbulb, hanging curtains or clearing a garden.

Contact us

Website
https://www.goodgym.org/areas/stockport

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Twitter
For accessible transport options visit our accessible transport page.