



MONDAY

12.30pm – 1.30pm	Health Circuits	Sarah	Studio 1
1.30pm – 2.30pm	Cardiac Circuits	Sarah	Studio 1
2.30pm – 3.30pm	COPD Circuits	Sarah	Studio 1

WEDNESDAY

2.00pm – 3.00pm	Steady and Strong	Sarah	Studio 1
-----------------	--------------------------	-------	----------

FRIDAY

11.30am – 12.30pm	Health Circuits	Sarah	Studio 1
1.00pm – 2.00pm	Steady and Strong	Sarah	Studio 1
2.00pm – 3.00pm	Steady and Strong	Sarah	Studio 1

Classes explained

CARDIAC REHABILITATION

Cardiac Rehabilitation is a circuit style activity class designed specifically for customers who have experienced a cardiac incident and have completed phase III or have a referral form from a health/medical professional.

COPD CIRCUITS

COPD circuit classes are specifically for clients with pulmonary conditions.

HEALTH CIRCUITS

A low-level Active Lifestyle referral circuit class suitable for customers with medical conditions and those progressing from other sessions such as Cardiac Rehab.

STEADY AND STRONG

These classes can improve balance, flexibility and confidence following a fall – helping older people to get back on their feet.

All available sessions can be pre-booked via the app, website or by calling 023 8200 0299.