

LIFESTYLES

Telephone: 0300 003 0818

DAY	SESSION	TIME	VENUE
MON	Stay On Your Feet <i>(note 1)</i>	10.30 – 11.30	Health Services @ Wolves
	Happy & Healthy <i>(note 1)</i>	10.45 - 11.45	Great Sankey Hub
	Heart Failure	11.15 – 12.15	Woolston Neighbourhood Hub
	Chair Based - Studio 2 <i>(note 1)</i>	14:00 - 15:00	Orford Jubilee Park
	Healthy Hearts	14.30 – 15.30	Orford Jubilee Park
TUE	Stay On Your Feet <i>(note 1)</i>	12.00 – 13.00	Great Sankey Hub
	Introduction to Tai Chi <i>(note 1)</i>	13.15 – 14.00	Orford Jubilee Park
WED	Stay On Your Feet <i>(note 1)</i>	11.00 – 12.00	Orford Jubilee Park
	Pulmonary Rehab – Studio 2 <i>(note 1)</i>	13.00 – 14.00	Orford Jubilee Park
THU	Stay On Your Feet <i>(note 1)</i>	10.00 – 11.00	Woolston Neighbourhood Hub
FRI	Healthy Hearts	11.15 – 12.15	Woolston Neighbourhood Hub
	Introduction to Tai Chi <i>(note 1)</i>	12.30 – 13.15	Westbrook Library

Please note, all classes are available only to Reach for Health clients.

(Note 1) – This is a course – attendance by invitation only

Lifestyles Classes 06.03.2020

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LIFESTYLES

Telephone: 01925 572504

DAY	SESSION	TIME	VENUE
MON	Low Impact Circuit – Studio 1	10.15 – 11.15	Orford Jubilee Park
	Low Impact Circuit – Studio 1	11.30 – 12.30	Orford Jubilee Park
	Low Impact Circuit	12.00 – 13.00	Great Sankey Hub
TUE	Low Impact Circuit	13.30 – 14.30	Birchwood Leisure & Tennis Complex
	Low Impact Circuit	13.30 – 14.30	Culcheth Community Campus
WED	Low Impact Circuit	12.00 – 13.00	Great Sankey Hub
	Low Impact Circuit – Studio 1	12.30 – 13.30	Orford Jubilee Park
	Low Impact Circuit	13.00 – 14.00	Woolston Neighbourhood Hub
THU	Low Impact Circuit	09.30 – 10.30	Burtonwood Library
	Low Impact Circuit	11.00 – 12.00	Culcheth Community Campus
	Low Impact Circuit	12.30 – 13.30	Broomfields Leisure Centre
	Low Impact Circuit	13.45 – 14.45	Broomfields Leisure Centre
FRI	Low Impact Circuit – Studio 2	10.00 – 11.00	Orford Jubilee Park
	Low Impact Circuit – Studio 1	11.15 – 12.15	Orford Jubilee Park

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