

# 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            | 10.00 – 11.00 | Penketh Baths, Honiton Way         |
|     | 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            | 12.45 – 13.45 | Broomfields Leisure Centre         |
|     | Low Impact Circuit            | 13.00 – 14.00 | Woolston Neighbourhood Hub         |
|     | Low Impact Circuit            | 13.50 – 14.50 | Broomfields Leisure Centre         |
| THU | Low Impact Circuit            | 09.30 – 10.30 | Burtonwood Library                 |
|     | Low Impact Circuit            | 11.00 – 12.00 | Culcheth Community Campus          |
| 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                |
|     | Low Impact Circuit            | 12.45 – 13.45 | Woolston Neighbourhood Hub         |

Lifestyles Classes 15.08.2019

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# 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   |
|     | Heart Failure                              | 11.15 – 12.15 | Woolston Neighbourhood Hub |
|     | 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        |
|     | Aquamobility <i>(note 1)</i>               | 15.00 – 15.45 | Orford Jubilee Park        |
| THU | Stay On Your Feet <i>(note 1)</i>          | 10.00 – 11.00 | Woolston Neighbourhood Hub |
| FRI | Healthy Hearts                             | 11.30 – 12.30 | Woolston Neighbourhood Hub |
|     | Introduction to Tai Chi <i>(note 1)</i>    | 12.30 – 13.15 | Great Sankey Hub           |

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

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

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