

LIFESTYLES

Telephone: 0300 003 0818

DAY	SESSION	TIME	VENUE	PRICE
MONDAY	Low Impact Circuit – Studio 1	10.15 – 11.15	Orford Jubilee Park	£3.15(1)
	Stay On Your Feet exercise/education (note 2)	10.30 – 11.30	Health Services @ Wolves	Free
	Heart Failure	11.15 – 12.15	Woolston Neighbourhood Hub	£2.00(1)
	Low Impact Circuit – Studio 1	11.30 – 12.30	Orford Jubilee Park	£3.15(1)
	Low Impact Circuit	12.00 – 13.00	Great Sankey Neighbourhood Hub	£3.15(1)
	Healthy Hearts	14.30 – 15.30	Orford Jubilee Park	£2.00(1)
TUESDAY	Low Impact Circuit	10.00 – 11.00	Penketh Baths, Honiton Way	£2.00
	Stay On Your Feet exercise/education (note 2)	12.00 – 13.00	Great Sankey Neighbourhood Hub	Free
	Introduction to Tai Chi (note 2)	13.15 – 14.00	Orford Jubilee Park	£3.15(1)
	Low Impact Circuit	13.30 – 14.30	Birchwood Leisure & Tennis Complex	£3.15(1)
	Low Impact Circuit	13.30 – 14.30	Culcheth Community Campus	£3.15(1)
WEDNESDAY	Stay On Your Feet (note 2)	11.00 – 12.00	Orford Jubilee Park	Free
	Low Impact Circuit	12.00 – 13.00	Great Sankey Neighbourhood Hub	£3.15(1)
	Low Impact Circuit – Studio 1	12.30 – 13.30	Orford Jubilee Park	£3.15(1)
	Pulmonary Rehab – Studio 2 (note 2)	13.00 – 14.00	Orford Jubilee Park	£2.00(1)
	Low Impact Circuit	13.00 – 14.00	Woolston Neighbourhood Hub	£3.15(1)
	Aquamobility (note 2)	15.00 – 15.45	Orford Jubilee Park	£3.15(1)
THURSDAY	Low Impact Circuit	9.30 – 10.30	Burtonwood Library	£2.00
	Stay On Your Feet exercise/education (note 2)	10.30 – 12.00	Birchwood Leisure & Tennis Complex	Free
	Low Impact Circuit	11.00 – 12.00	Culcheth Community Campus	£3.15(1)
FRIDAY	Low Impact Circuit – Studio 2	10.00 – 11.00	Orford Jubilee Park	£3.15(1)
	Low Impact Circuit – Studio 1	11.15 – 12.15	Orford Jubilee Park	£3.15(1)
	Healthy Hearts	11.30 – 12.30	Woolston Neighbourhood Hub	£2.00(1)
	Introduction to Tai Chi (note 2)	12.30 – 13.15	Great Sankey Neighbourhood Hub	£3.15(1)
	Low Impact Circuit	12.45 – 13.45	Woolston Neighbourhood Hub	£3.15(1)

Note 1 Prices shown are the concessionary rates available to Reach for Health clients upon purchase of a Saver Card. Saver Cards cost £6.75 and are valid for 12 months from date of purchase.

Note 2 Course – attendance by invitation only.

Lifestyles Classes 15/11/2018

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