

LIFESTYLES

Telephone: 0300 003 0818

DAY	SESSION	TIME	VENUE
MONDAY	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
TUESDAY	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
WEDNESDAY	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
THURSDAY	Stay On Your Feet <i>(note 1)</i>	10.00 – 11.00	Woolston Neighbourhood Hub
FRIDAY	Healthy Hearts	11.30 – 12.30	Woolston Neighbourhood Hub
	Introduction to Tai Chi <i>(note 1)</i>	12.30 – 13.15	Great Sankey Hub

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

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

Lifestyles Classes 23/05/2019

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Telephone: 01925 572504

DAY	SESSION	TIME	VENUE
MONDAY	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
TUESDAY	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
WEDNESDAY	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
THURSDAY	Low Impact Circuit	09.30 – 10.30	Burtonwood Library
	Low Impact Circuit	11.00 – 12.00	Culcheth Community Campus
FRIDAY	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

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