



# HEALTHY LIFESTYLES EXERCISE RECOMMENDATION SCHEME



## CLASS TIMETABLE

### MONDAYS:

- Woolaston Village Hall - 10.30am - Active Balance
- Lydney - Goode Court - 10.30am - Active Balance
- Drybrook Memorial Hall - 11.30am - Falls Prevention
- Yorkley Community Centre - 1.15pm - Active Balance
- Corse & Staunton Village Hall - 1.15pm - Falls Prevention (Beginners)
- Corse & Staunton Village Hall - 2.30pm - Falls Prevention (Graduate)

### TUESDAYS:

- Yorkley Community Centre - 10.30am - Beginners Circuit  
(including Cardiac Rehabilitation Phase IV)
- Yorkley Community Centre - 12 noon - Respiratory Tai Chi (TMW)
- Berry Hill - Horsepool - 10.45am - Falls Prevention Class
- Sedbury Village Hall - 1.00pm - Exercise Referral Beginners
- St Margaret Mary's RC, Church Hall, Coleford - 2.00pm - Pilates/Back Care Class \*

### WEDNESDAYS:

- Mitcheldean Community Centre - 10.00am - Beginners Circuit  
(including Cardiac Rehabilitation Phase IV)
- Mitcheldean Community Centre - 11.30am - Respiratory Rehabilitation
- Freedom Leisure Lydney - 10.00am - KickStart
- Coleford - Coalway Methodist Church - 10.30am - Active Balance
- Great Oaks Coleford - 10.30am - Cancer Rehab Exercise Group
- Bream - Ryelands Centre - 2.00pm - Falls Prevention

### THURSDAYS:

- Latchen Rooms Longhope - 10.30am - Active Balance/ General referral class

### FRIDAYS:

- Blakeney Village Hall - 10.00am - Beginners Circuit  
(including Cardiac Rehabilitation Phase IV)
- Blakeney Village Hall - 11.30am - Respiratory Rehabilitation
- Blakeney Village Hall - 1.00pm - Active Balance
- Corse & Staunton Village hall - 11.15am - Gentle Tai Chi
- Newent Memorial - 1.00pm - Falls Prevention
- Newent Memorial - 2.00pm - Active Balance
- Cinderford Rugby Club - 1.30pm - KickStart

### SATURDAYS:

- Five Acres (opposite Freedom Leisure), Coleford - 9.00am - Parkrun (FREE)
- Freedom Leisure, Newent - 9.00am - Parkrun (FREE)
- Bathurst Park, Lydney - 9.00am - Parkrun (FREE)

All Community Classes cost £3.00 per session - brief description of classes on reverse

\*PILATES: Non referral client pays £4.50



### **Cardiac Rehabilitation Phase IV (by referral only)**

Our Cardiac Rehabilitation Scheme is open to clients who suffer with a heart condition. The class is a circuit format similar to that used in Phase III to improve cardiovascular conditions and is run by a qualified BACPR Instructor. Referral is normally made through Phase III; however this is not essential as your GP or nurse can also refer you.

### **Falls Prevention Scheme (by referral only)**

If you are over 60 and are becoming concerned about your balance, or have had a fall then this class is ideal for you. This provides a range of seated and standing exercises designed to improve strength, flexibility and balance under the watchful eye of a qualified Postural Stability Instructor. (PSI Level 4).

### **Active Balance**

Active Balance is a drop in class with no need for a referral. The class is for those who are still independent and mobile but are concerned about falling or would just like to become more active and be more sociable! The class promotes strength, balance, flexibility and mobility.

### **Beginners Circuit / General Referral Classes**

This class is for complete beginners and improvers and has options for those who cannot stand for long periods of time. It is open to all, with no need for referral. However, if you have not exercised for a long time or have a medical condition, you may wish to check with your GP or Nurse that you are safe to exercise prior to turning up.

### **Respiratory Rehabilitation (by referral only)**

Aimed at postponing pulmonary decline and reducing breathlessness, this class is suitable for those suffering with C.O.P.D. and other breathing related illness'. The class is open to all levels including those requiring oxygen therapy. Referral is through Pulmonary Rehabilitation / GP.

### **KickStart**

KickStart is our Healthy Living Course. An informal group looking at healthy eating topics and incorporating a beginners circuit class. There is an opportunity to weigh and ask questions. The class provides motivation and support - particularly useful for people wanting to lose weight and get active under the guidance of a referral instructor. KickStart classes can be accessed without a referral, but you need to call first to reserve your place.

### **Pilates/ Back Care Class**

Pilates improves muscle tone, balances musculature, supports correct posture. It is useful for improving balance, lumbar stabilization, flexibility and lower back pain, with help from a specialist level 4 instructor.

### **Cancer Rehab Exercise Group (by referral only)**

Working with a specialist exercise instructor we can provide individual specific support and exercise options to improve overall wellbeing. Exercise can improve your stamina, strength and flexibility and aid recovery. Group exercise sessions suitable for cancer patients.

### **Tai Chi movements for wellbeing TMW ( For Respiratory Conditions ) Referral Only**

The TMW has its roots in tai chi and chi gung and it is straightforward and easy to do. It can be adapted so anyone with a lung condition can try this, standing or seated.

### **Parkrun**

Parkrun is a free, organised 5km weekly running group. There is a course in **Coleford** who meet in the Coverham enclosure opposite Freedom Leisure Coleford. A course in **Newent** who meet in the main school car park at Forest Leisure Newent. There is also a Parkrun in **Lydney**: See [www.parkrun.org.uk](http://www.parkrun.org.uk)