



# HEALTHY LIFESTYLES EXERCISE RECOMMENDATION SCHEME



## CLASS TIMETABLE

### MONDAYS:

Woolaston Village Hall	- 10.45am - Active Balance
Lydney - Goode Court	- 10.30am - Active Balance
Drybrook Rugby Club	- 11.30am - Falls Prevention
Yorkley Community Centre	- 1.15pm - Active Balance
Corse & Staunton Village Hall	- 1.15pm - Falls Prevention (Beginners)
	- 2.30pm - Falls Prevention (Graduate)

### TUESDAYS:

Yorkley Community Centre	- 10.00am - Beginners Circuit (inc. CR Phase IV, see over)
	- 11.30am - Cardiac Rehabilitation - Phase IV
Berry Hill - Horsepool	- 10.45am - Falls Prevention
Sedbury Village Hall	- 1.00pm - Falls Prevention
St Margaret Mary's Church Hall, Coleford	- 12.30pm - Pilates Progression class *
	- 2.00pm - Pilates/Back Care class *
Lydney Community Centre, Naas Lane	- 1.00pm - Respiratory TAI CHI (TMW)
	- 2.30pm - Active Balance (From 23/04/2019)
Broadwell Memorial Hall	- 1.30pm - Falls Prevention

### WEDNESDAYS:

Mitcheldean Community Centre	- 10.00am - Beginners Circuit (inc. CR Phase IV, see over)
	- 11.30am - Respiratory Rehabilitation
Freedom Leisure Lydney	- 10.00am - KickStart
Hartpury Village Hall	- 10.00am - Falls Prevention
Coleford - Coalway Methodist Church	- 10.30am - Active Balance
Great Oaks Coleford	- 10.30am - Cancer Rehab Exercise Group
Bream - Ryelands Centre	- 2.00pm - Falls Prevention
Ruspidge Memorial Hall	- 2.00pm - Tai Chi for Wellbeing (TMW)

### THURSDAYS:

Latchen Rooms Longhope	- 10.30am - Active Balance/ General Referral
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### FRIDAYS:

Blakeney Village Hall	- 10.00am - Beginners Circuit (inc. CR Phase IV, see over)
	- 11.30am - Respiratory Rehabilitation
	- 1.00pm - Active Balance
Corse & Staunton Village hall	- 11.15am - Gentle Tai Chi
Newent Memorial	- 1.00pm - Falls Prevention
	- 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 BACR 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 is a range of seated and standing exercises designed to improve strength, flexibility and balance under the watchful eye of a qualified Postural Stability Instructor.

### **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. Please 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 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)**

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 e.g. with a lung condition can try this, standing or seated.

**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**

FOR MORE INFORMATION ON ANY OF OUR CLASSES PLEASE CALL **01594 812399** OR SEE OUR HEALTH AND WELLBEING PAGES ON THE FOREST OF DEAN DISTRICT COUNCIL WEBSITE [www.fdean.gov.uk](http://www.fdean.gov.uk)