

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 – 12.00	Health Services @ Wolves	Free
	Low Impact Circuit – Studio 1	11.30 – 12.30	Orford Jubilee Park	£3.15(1)
	Low Impact Circuit	12.45 – 13.45	Burtonwood Library	£2.00
	Healthy Hearts	14.30 – 15.30	Orford Jubilee Park	£3.15(1)
	Aqua Circuit (note 2)	15.00 – 15.45	Orford Jubilee Park	£3.15(1)
TUESDAY	Low Impact Circuit	10.00 – 11.00	Penketh Baths, Honiton Way	£2.00
	Forget Me Not Seated Exercise	12.00 – 13.00	The Oaks Centre, Stocks Lane, Penketh	£2.00
	Stay On Your Feet (note 2) – Studio 1	12.00 – 13.00	Orford Jubilee Park	Free
	Introduction to Tai Chi (note 2)	13.30 – 14.15	Orford Jubilee Park	£3.15(1)
	Low Impact Circuit	13.30 – 14.30	Birchwood Leisure & Tennis Complex	£3.15(1)
	Low Impact Circuit	14.00 – 15.00	Culcheth Age Concern, Jackson Avenue	£2.00
WEDNESDAY	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	£3.15(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	10.00 – 11.00	Meeting Lane Leisure Centre, Penketh	£2.00
	Stay On Your Feet exercise/education (note 2)	10.30 – 12.00	Birchwood Leisure & Tennis Complex	Free
	Stay On Your Feet exercise/education (note 2)	13.00 - 14.00	Penketh Library	Free
	Stay On Your Feet Falls (note 2) – Studio 1	13.30 – 15.00	Orford Jubilee Park	Free
	Introduction to Tai Chi (note 2)	14.00 – 14.45	Woolston Neighbourhood Hub	£3.15(1)
FRIDAY	Low Impact Circuit – Studio 2	10.00 – 11.00	Orford Jubilee Park	£3.15(1)
	Low Impact Circuit	10.30 – 11.30	Fairfield Old School, Fairfield Street	£2.00
	Healthy Hearts	11.30 – 12.30	Woolston 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 12.07.2017

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