

Steady Steps

This class aims to improve balance, strength and flexibility through functional exercises, therefore reducing falls and fear of falling in older adults. This class is mainly chair-based and is designed to deliver a safe, effective and progressive exercise.

New Hearts

A supervised exercises session in the gym or a supervised circuit session with a qualified cardiac instructor to provide you with coaching and reassurance during the session. This session is for anyone with a previous history of cardiovascular disorders, anyone recovering from a heart attack, recent cardiac surgery with a referral from your GP or cardiac nurse.

We aim to give you the reassurance you need to exercise safely to help improve the health of your heart and continue with your normal daily life.

Cancer Rehab

A step by step approach to help you live with and beyond cancer by providing you with a range of tools and opportunities to enhance your recovery. The program is available to people across Berkshire and can be on a self referral basis.

COPD

This is a maintenance class for clients who have attended a pulmonary rehabilitation course. Each client is given an individual gym programme and encouraged to work at a safe level with the aim of exercising for longer as their endurance level builds. The social aspect of this class is also of great value.

Wellbeing Class

A class designed to keep you well! Combining all elements of health and fitness this class is suitable for all levels and all health backgrounds with our specialised instructor to help you. Each week will focus on movement patterns to keep you joints mobile, muscles strong and flexible and hearts healthier which will equal a happier and healthier you.

Activ8

Activ8 is a fitness session in the gym, suitable for 8-16 year old under the guidance of a qualified instructor.

Step One warm up

Step Two CV - treadmills, bike, rowers, gym circuits

Step Three Resistance - workout with weights/dumbbells

Step Four Cool down and stretch

About the Activity for Health scheme

Activity for health is a partnership between West Berkshire Council, Legacy Community Leisure, NHS Berkshire, GP practices and health care professionals. It is offered to people who are sedentary or who have a medical condition that would benefit from an increased level of physical activity. It offers you the opportunity to participate in regular physical activity: under the guidance of qualified exercise professionals at your local leisure centre at a reduced rate

You can take part in a range of activities including swimming, exercise classes specifically for Activity for Health customers and workouts within a fitness suite which are available at all Legacy Community Leisure - Leisure Centres. (The venue of the initial consultation may vary due to availability and demand of the instructors).

STEP 1

Contact your GP, Practice Nurse or health care professional, who will be able to advise complete a referral form for you based on eligibility.

STEP 2

You will be asked to make an appointment at one of Legacy Community Leisure - Leisure Centres for an informal consultation with a fully qualified Activity for Health specialist instructor*. At this session you will be advised on which form of physical activity would be most suitable/beneficial.

STEP 3

You will then participate in a 12 week exercise for health programme, which will be tailored and monitored by an activity for health specialist instructor to ensure safety and enjoyment. You may be asked on occasions to comment on the scheme - this is purely for our evaluation purposes.

STEP 4

On completion of your 12 week programme you will then be invited to discuss your options in order to continue with your new healthier lifestyle.

*Initial consultation venue may vary due to availability of instructor.

For more information contact **Steph Irfan**, Activity 4 Health Coordinator steph.irfan@legacyleisure.org.uk or telephone **01635 31199**.



LegacyLeisure

For a full listing of all classes within the leisure centres in West Berkshire please see:

Leisurecentre.com



West Berkshire
COUNCIL

Activity for Health *Class Timetable*

Monday

Northcroft	11.00-12.30	New Hearts
Cotswold	11.15 - 12.00	Steady Steps
Cotswold	12.00-13.00	New Hearts
Costwold	14.00 -14.45	Cancer Rehab
Willink	15.30-16.30	Activ8
Kennet	15.45-16.15	ActivPlus 12-15yrs
Northcroft	18.30-19.30	New Hearts

Tuesday

Northcroft	09.00-10.00	New Hearts
Northcroft	09.30-10.30	Cancer Rehab
Northcroft	09.45-10.30	Tai Chi (progressive 6 week course)
Northcroft	10.00-10.45	Steady Steps
Northcroft	10.45-11.45	Cancer Rehab
Redwood House	14.15-15.00	Steady Steps
Redwood House	15.15-16.00	Steady Steps
Hungerford	15.30-16.30	Activ8
Cotswold	16.00-17.00	Activ8
Kennet	15:45-16:30 & 16:30-17:15	Activ8

Wednesday

Northcroft	10.20-11.05	Tai Chi (beginners)
Northcroft	10.45-11.45	Well-Being
Northcroft	11.00-12.00	New Hearts
Cotswold	11.00-12.00	New Hearts
Lambourn	14.00-15.00	Steady Steps
Kennet	15.45-16.00	Activ8
Cotswold	16.00-17.00	Activ8
Northcroft	16.00-17.00	Activ8
Lambourn	16.45-17.45	Activ8
Northcroft	18.30-19.30	New Hearts

Thursday

Northcroft	09.30-10.15	Steady Steps
Northcroft	10.30-11.30	New Hearts
Cotswold	11.00-12.00	New Hearts



Cotswold	12.00-13.00	New Hearts
Hungerford	15.30-16.30	Activ8
Willink	15.30-16.30	Activ8
Kennet	15.45-16.15	ActivPlus 12-15yrs
Cotswold	16.00-17.00	Activ8
Lambourn	16.45-17.45	Activ8 11-15yrs

Friday

Northcroft	09.15-10.00	New Hearts
Northcroft	10.20-11.05	Steady Steps
Northcroft	11.10-12.10	New Hearts
Lambourn	12.00-13.00	New Hearts
Hungerford	13.30-14.30	New Hearts
Northcroft	13.30-14.30	COPD
Northcroft	16.00-17.00	Activ8

Saturday

Northcroft	10.00-11.00	Activ8
Cotswold	11.00-12.00	Activ8

For more details, contact your local centre:

Northcroft Leisure Centre - T: 01635 311 99

Northcroft Lane, Newbury, Berkshire, RG14 1RS

Hungerford Leisure Centre - T: 01488 683 303

Priory Road, Hungerford, Berkshire, RG17 0AN

Lambourn Centre - T: 01488 736 90

Close End, Lambourn, Berkshire, RG17 8NJ

Cotswold Sports Centre - T: 01189 414 690

Downs Way, Tilehurst, Reading, Berkshire, RG31 6SL

Kennet Leisure Centre - T: 01635 871 112

Stoney Lane, Thatcham, Berkshire, RG19 4LJ

Willink Leisure Centre - T: 0118 983 4845

Hollybush Ln, Burghfield Common, Reading RG7 3XP

Redwood House, Coldharbour Road, Hungerford, RG17 0HR