

Heart Watch supports people with long term health conditions to be active. Active Leeds would like to update all service users on developments to the Heart Watch programme.

## Heart Watch Consultation Update.

Thanks to the 128 people that completed the consultation. The consultation period with customers is over and we have a couple of focus groups and a consultation with our major stakeholders to complete as a part of the review process

### Headlines from the Consultation

- Biggest barrier? - lack of confidence (14%)
- Most important factor for attending? - access to qualified staff (97%)
- What would you improve?—more varied classes at suitable times (56%)
- What would stop you attending?— Illness (20%)
- How would you improve the service?— Inclusion of health checks (80%)
- What activities do you want? Walking Groups, Wellbeing Classes (Pilates/Yoga/ Tia Chi) and Aqua Classes



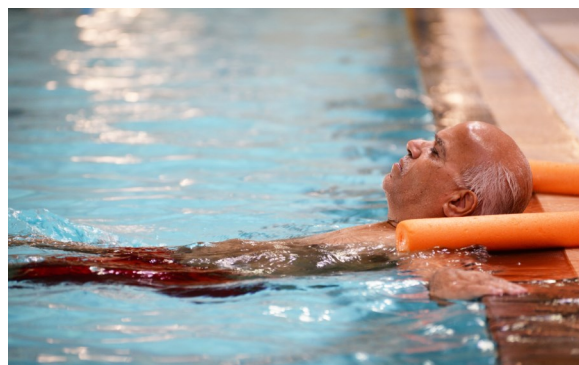
## New Sessions at Holt Park Active

There are two new sessions at Holt Park Active. Monday 1.30pm and 2.30pm, standard Heart Watch classes including circuit and gym. These new classes are to complement the Thursday afternoon classes.

We are introducing a new aqua based class on a Thursday at 2.30pm in the New Year. Please feel free to give these new sessions a try.

## What is Included in a Aqua—Strength and Balance Class ?

Our Aqua—Strength and Balance Class is an alternative to the circuit and gym format used at other sessions. During this session a range of exercises are completed in water using the water a waves as resistance. The session is ideal for people with problems with joints, muscle or mobility problems. The session has no music so that people can clearly hear the instructor. The new Aqua—Strength and Balance Class will start on Thursday 4th January 2018 at 2.30pm



Active Leeds is committed to deliver different form of activities which are suitable for people with health conditions or mobility issues . Aqua classes have been requested through the Heart Watch Consultation with 17% of responses wanting a suitable Aqua Class. This will boarder our offer to attract more people to take part and feel the benefit of an active healthy lifestyle. This class is open to anyone, a referral is not required for this class.

**Please get in touch if you would like more information about any of our sessions on:**

**Email: [health.programmes@leeds.gov.uk](mailto:health.programmes@leeds.gov.uk) Phone: 0113 3780351**



# Heart Watch Class Programme

Updated Dec  
2017

## Programme Timetable from January 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Aireborough Leisure Centre		12:15pm & 1.15pm		9.30am & 10.30am	
Armley Leisure Centre		New 10am		New 10am	
Fearnville Leisure Centre			12noon (Chair Based) & 1pm (Standard Class)		
Holt Park Active	New 1.30pm & 2.30pm			New-Aqua Class –2.30pm 1.30pm & 2.30pm	
John Charles Centre for Sport		9am & 10am		9am & 10am	
John Smeaton Leisure Centre	4pm			8.30am & 9.30am	
Kirkstall Leisure Centre	9.30am & 10.30am		9.30am & 10.30am		9.30am & 10.30am
Pudsey Leisure Centre	12noon & 1pm		10.30am & 11.30am		1pm
Wetherby Leisure Centre		9am, 10am & 12noon			9am & 10am

### Christmas Programme 2017.

We are operating a revised service over the festive period. We will be back to normal Tuesday 2nd January 2018. Merry Christmas and a Happy New Year from all the Instructors and staff that support the Heart Watch Programme.

Site	20/12/17	21/12/17	22/12/17	Xmas	27/12/17	28/12	29/12/17	New Year
Aireborough		9.30am & 10.30am				Cancelled		
Armley		Cancelled				Cancelled		
Fearnville	Cancelled				Cancelled			
Holt Park		1.30pm & 2.30pm				1.30pm & 2.30pm		
JCCS Aquatics		9am & 10am				9am & 10am		
John Smeaton		8.30am & 9.30am				8.30am & 9.30am		
Kirkstall	9.30am & 10.30am		9.30am & 10.30am		9.30am & 10.30am		9.30am & 10.30am	
Pudsey	10.30am & 11.30am		Cancelled		Cancelled		Cancelled	
Wetherby			9am & 10am				9am & 10am	