

RETURN OF OUR STRENGTH & BALANCE PROGRAMME



Our confidence building classes are perfect for those wanting to participate in activities to increase strength and balance, and those who feel like they have lost some confidence. Our 6 week **free** confidence building course will initially be running in 4 locations across the city (Cross Gates, Garforth, Richmond Hill & Holt Park), with more locations coming soon. At the end of the 6 weeks, participants will be supported by one of our Health and Wellbeing Coaches to identify the best progression for their needs and abilities.

If this sounds of interest please contact us to get started via either:

Telephone - 0113 3783680

Email - health.programmes@leeds.gov.uk

or visit our getting started page on the Active Leeds website

www.active.leeds.gov.uk/active-leeds-for-health/getting-started

ENHANCED PHYSICAL ACTIVITY OFFER



We are proud to be working alongside partners such as One You Leeds, Leeds Rhinos & Leeds United to collaborate on the Every Body Can project. We are helping local residents who accessed these weight management programmes to move more by offering individualised support.

All of our Active Leeds For Health programmes support people to;

- Start moving
- Move more
- Use movement to manage health conditions.
- Improve mobility

Contact us via the details below for more information about how we can help support you, or someone that you know.



HEALTH REFERRAL PROGRAMME

Our Health Referral Programme is a great entry point to any of our programmes or classes. A referral can be made directly to us via our contact details or via a health care professional. One of our Health and Wellbeing Coaches will then be in touch to discuss how we can support the individual.



Keep Moving

Monday	10:00-11:00	Scott Hall Leisure Centre
Monday	10:20-11:20	Holt Park Active
Monday	13:15-14:15	John Smeaton Leisure Centre
Tuesday	09:45-10:45	John Charles Centre for Sport
Tuesday	10:00-11:00	Kirsktall Leisure Centre
Wednesday	13:00-14:00	Armley Leisure Centre
Thursday	09:45-10:45	John Charles Centre for Sport
Thursday	13:00-14:00	Kirsktall Leisure Centre
Friday	10:15-11:15	John Smeaton Leisure Centre
Friday	11:00-12:00	Armley Leisure Centre

Keep Moving is a low level, low impact exercise class suitable for people with health conditions that want to become more active and improve their wellbeing.

We also have a range of Keep Moving beginner sessions at various sites across the city. Please get in contact with us for more information.

Mind & Body

Tuesday	Yoga	13:30-14:30	John Charles Centre for Sport
Tuesday	Tai Chi	10:00-11:00	Scott Hall Leisure Centre
Thursday	Pilates	13:30-14:30	John Charles Centre for Sport

Aqua Mobility is designed for beginners that want gentle exercises in water. The class uses a range of water aids to achieve a full body workout. Suitable for people with arthritis or mild mobility problems. No music is played during this class.

Aqua Mobility

Monday	11:00-11:45	John Smeaton Leisure Centre
Tuesday	11:30-12:15	Scott Hall Leisure Centre
Thursday	09:30-10:15	Holt Park Active
Friday	09:15-10:00	Wetherby Leisure Centre

Wellbeing Walks

Monday	13:00-14:00	Temple Newsam
Tuesday	11:00-12:00	Kirkstall Abbey
Thursday	11:00-12:00	Roundhay Park

Keeping Well at Home

Keeping Well at Home is a programme which consists of people coming together digitally and being active with the support of a Health and Wellbeing Coach. The gentle activities are suitable for all levels, for people with mobility issues and health problems. The online sessions are delivered 3 x per week. For instructions on how to join or more information please contact us using the details below.

