

## ACTIVE LEEDS FOR HEALTH • TIMETABLE

### 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	Kirkstall Leisure Centre
Wednesday	10:00 - 11:00	Middleton Leisure Centre *NEW*
Wednesday	10:00 - 11:00	Fearnville Leisure Centre *NEW*
Wednesday	10:20 - 11:20	Holt Park Active
Wednesday	13:00 - 14:00	Armley Leisure Centre
Thursday	09:45 - 10:45	John Charles Centre for Sport
Thursday	13:00 - 14:00	Kirkstall Leisure Centre
Friday	10:00 - 11:00	Wetherby Leisure Centre *NEW*
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 who 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 for more information on 0113 3783680 or email [health.programmes@leeds.gov.uk](mailto:health.programmes@leeds.gov.uk)

### Mind & Body

Tuesday	10:00 - 11:00	Yoga	Middleton Leisure Centre
Tuesday	10:00 - 11:00	Tai Chi	Scott Hall Leisure Centre
Thursday	12:00 - 13:00	Pilates	Middleton Leisure Centre

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
Thursday	11:00 - 11:45	Kirkstall Leisure Centre
Friday	09:05 - 09:50	Wetherby Leisure Centre
Friday	14:30 - 15:15	Fearnville Leisure Centre

### Good News Story



Meet Tony, one of our Strength and Balance 'Graduates'. Tony has always led an active lifestyle and is a qualified Nordic walking instructor. Following a health scare, a fall which left him with a broken hip, as well as two knee replacements, Tony knew his mobility and balance had deteriorated. However, he was determined to get back to being active. The Strength and Balance programme began his journey back to health and fitness. He gained confidence and his fear of falling has reduced.

Tony recently attended a charity event in which he walked 10 times round the track, which is 4,000 metres. Tony told us: 'I was determined to walk round the track and do as many laps as I could.'

Well done Tony!



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### Postural Stability- Strength and Balance Programme

Our postural stability programme is perfect for those older adults who want to participate in activities to increase strength and balance, or those who feel like they have lost some confidence. Each session includes a coffee/tea and chat!



All participants must refer into the programme. Please contact us on the details below to do so. Please contact us now to start the programme at the following times and locations:

Day	Venue	Time
Monday	St Johns Church Farsley LS28 5DJ	13:00 - 15:00
Tuesday	Burmantofts Senior Action LS9 7TB	10:00 - 12:00
Tuesday	OPAL Tinshill LS16 6DJ	13:00 - 15:00
Wednesday	Cross Gates Newman Centre LS15 7JY	10:00 - 12:00
Thursday	St Stephen Church Moortown LSS17 5DR	10:00 - 12:00
Thursday	Hamara Healthy Living Centre LS11 6RD - Women Only	10:00 - 11:30
Thursday	Morley Leisure Centre LS27 9JP - Start September 2022	14:15 - 16:00
Friday	Garforth NET LS25 2LP	10:00 - 12:00
Friday	Amley Helping Hands LS12 1SF	13:30 - 15:30

### New and Refreshed Active Life Offer

We are now pleased to announce our current and new 'Active Life' timetable. These sessions are included in your membership.

Day	Venue	Time	Activity 1	Activity 2
Monday	Rothwell Leisure Centre	08:30 - 10:00	Exercise Class	Short Tennis
Monday	Pudsey Leisure Centre	11:30 - 13:30	Gentle Exercise	Mixed Activities
Tuesday	Middleton Leisure Centre	11:15 - 13:15	Legs, Bums, Tums	Walking Netball
Wednesday	Rothwell Leisure Centre	08:30 - 10:00	Gentle Exercise	Short Tennis
Wednesday	Amley Leisure Centre	10:00 - 12:00	Table Tennis	Short Tennis
Wednesday	Pudsey Leisure Centre	10:00 - 12:00	Exercise Class	Walking Football
Friday	Rothwell Leisure Centre	08:30 - 10:00	Short Tennis	Swimming
Friday	Amley Leisure Centre	10:00 - 12:00	Table Tennis	Short Tennis
Friday	Morley Leisure Centre	11:00 - 13:00	Exercise Class	Badminton

Active Life refers to activities designed for people 50+ to be active. An Active Life session consists of two activities. This could include an Exercise Class & mixed activities or 2 hours of a specific activity, such as Table Tennis, Walking Netball or Badminton. There is also an opportunity for a social meet up after your session.

