

ACTIVE LEEDS FOR HEALTH • TIMETABLE

Keep Moving

Monday	08:45 - 09:45	Aireborough Leisure Centre
Monday	10:00 - 11:00	Scott Hall Leisure Centre
Monday	11:00 - 12:00	Scott Hall Leisure Centre
Monday	10:20 - 11:20	Holt Park Active
Monday	13:15 - 14:15	John Smeaton Leisure Centre
Monday	14:15 - 15:15	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
Wednesday	10:00 - 11:00	Fearnville Leisure Centre
Wednesday	10:20 - 11:20	Holt Park Active
Wednesday	13:00 - 14:00	Armley Leisure Centre
Thursday	09:00 - 10:00	Aireborough Leisure Centre
Thursday	09:45 - 10:45	John Charles Centre for Sport
Thursday	13:15 - 14:15	Kirkstall Leisure Centre

Friday	10:00 - 11:00	Wetherby 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 who want to become more active and improve their wellbeing.



Mind & Body

Yoga	Tuesday	10:00 - 11:00	Middleton Leisure Centre
Pilates	Thursday	12:00 - 13:00	Middleton Leisure Centre

Aqua Mobility

Monday	11:00 - 11:45	John Smeaton Leisure Centre
Monday	13:45 - 14:30	Rothwell Leisure Centre
Tuesday	11:30 - 12:15	Scott Hall Leisure Centre
Thursday	09:30 - 10:15	Holt Park Active (re-starts 6/4/23)
Friday	09:05 - 09:50	Wetherby Leisure Centre
Friday	14:30 - 15:15	Fearnville 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.

GOOD NEWS!

Let's give a big warm welcome to Spring!! And a warm welcome to anyone new reading this newsletter! At Active Leeds for Health, we aim to support anyone with a health condition to become active. We also support individuals to improve their strength and balance- to reduce the risk of a fall. With the change in seasons we hope this will prompt anyone who is considering becoming more active to get out and about with the lighter, brighter days.

ACTIVE
LEEDS

HELLO SPRING



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Postural Stability- Strength and Balance Programme

Day	Venue	Time
Monday	St Johns Church Farsley LS28 5DJ	13:00 - 15:00
Tuesday	Middleton Leisure Centre LS10 4AX	13:00 - 14:30
Tuesday	OPAL Tinshill LS16 6DJ	13:00 - 15:00
Wednesday	Cross Gates Newman Centre LS15 7JY	10:00 - 12:00
Thursday	Holy Trinity Hall Meanwood LS6 4LF	13:30 - 15:30
Thursday	Morley Leisure Centre LS27 9JP	14:00 - 16:00
Friday	Garforth NET LS25 2LP	10:00 - 12:00

Our free postural stability programme is perfect for adults 60+ who need to participate in activities to increase strength and balance, and those who feel like they have lost confidence and mobility. Each session also includes a coffee or tea and chat! **All participants must refer into the programme. Please contact us on the details below to make a referral or find out more.**



Active Life Offer

Please see our 'Active Life' timetable. These sessions are included in your membership. Or can be purchased as 'pay as you go'. If you are 60+ ask at your local leisure centre reception about the LeedsCard60 Discount.

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

