



Fighting Heart Disease & Stroke

TIMETABLE 2019

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Details
10am -11am	Back to Fitness	Back to Fitness				<p><u>BACK TO FITNESS – 6-week programme</u> Beginners require an assessment prior to starting the class. Fitness assessment and programme is €70. For returning participants, programme is €40.</p> <p><u>YOGA– 6-week programme</u> Gentle Yoga (Croi House): €50 for 6 weeks Yoga for Stroke Recovery: Complimentary</p> <p><u>PILATES – 6 week programme</u> €60 for 6weeks</p> <p><u>ACTIVE HOUR – 8-week programme</u> For people whose mobility is affected by Stroke, Arthritis, and other conditions. The class is facilitated by a specially-trained Physiotherapist and costs €80 for Fitness Assessment and Programme. For returning participants, programme is €65.</p> <p><u>WALKING FOOTBALL – 6-week programme</u> NEW physical activity programme takes place at Westside to keep fit, learn skills, have fun, and socialise. Beginners require an assessment prior to starting the class. Fitness assessment and programme is €70.</p> <p>NOTE: You can complete 2 classes a week (BTF/walking football included in this offer) for €60, or 3 classes a week for €90.</p> <p>Pre-booking for all programmes is essential as spaces are limited. Please note classes are subject to change and availability. All of our classes are operated on a not-for-profit basis with all proceeds going directly to fighting heart disease & stroke.</p>
11am -12pm		Back to Fitness	Back to Fitness			
11.45am -12:45pm	Active Hour					
11.45am -2pm			Stroke Yoga			
12.30-13.30pm				Gentle Yoga	Gentle Yoga	
2pm -3pm				Stroke Support Group (2 nd Thurs every month)		
			Gentle Chair Yoga 2:30-3:30pm	AH4L Class(Post CR exercise)		
3pm -4pm	Walking Football (Westside)					
5.30pm -6.30pm	Gentle Yoga	Back to Fitness		Pilates 5.45-6.45pm		
7pm – 8pm	Gentle Yoga			Gentle Yoga		