



Fighting Heart Disease & Stroke

## Class Timetable 2022

**In House** (Croí House, Newcastle, Galway, H91 FF68)

Monday	Tuesday	Wednesday	Thursday
	10:00 am – 11:00 am Nifty Lifters (Advanced) *Strengthening Workout	10:00 am – 11:00 am Back to Fitness (All abilities)	10:00 am – 11:00 am Back to Fitness (All abilities)
10:30am-11:30am Monday Movers Walking Group	11:00 am – 12:00 pm Nifty Lifters (Beginner) *Strengthening Workout		11:30 am – 12:30 pm Back to Fitness (All abilities)
	12:15 pm – 1:15 pm Back to Fitness (All abilities)	12:30 pm – 1:30 pm Yoga for Stroke	
		2:00 pm – 3:00 pm Chair Yoga (Mixed abilities)	1:30 pm – 2:30 pm Yoga Recovery & Wellbeing
3:00 pm – 4:00 pm Tai Chi			

**Virtual via Zoom**

Monday	Tuesday	Wednesday	Thursday
10:00 am – 11:00 am Mojo Moves (Advanced)			
11:15 am – 12:15 pm Yoga (All abilities)			
	7:00 pm – 8:00 pm Yogalates (Beginners)		6:00 pm – 7:00 pm Yoga (All abilities)

*2022 classes finish up the week of the 12<sup>th</sup> of December and will commence again in the new year 2023.*

To **book** a class contact Croí on **091 544310** or email [healthteam@croi.ie](mailto:healthteam@croi.ie)