

RUN & SPORT



VIGOROUS INTENSITY

(VI)

WALK & SWIM



MODERATE INTENSITY

(MI)

PILATES & GYM



BUILD STRENGTH

(BS)

TAI CHI & DANCE



IMPROVE BALANCE

(IB)

Active Ageing Programme Activities

Intensity codes: **(VI)** = Vigorous Intensity **(MI)** = Moderate Intensity **(BS)** = Build Strength **(IB)** = Improve Balance

Disclaimer: You should always consult with your Doctor before beginning any type of exercise or physical activity.

DAY	ACTIVITY	INTENSITY	TIME
Monday	Zumba Gold - Senior (Held in the Function Room) Zumba Gold - Senior (Held in the Function Room) Sitless Circuits - Senior (Held in the Function room)	MI MI MI, BS, IB	09:30-10:15 10:30-11:15 13:30-14:30
Monday	Active Ageing Gym (not instructed)	VI, MI, BS & IB	11:00-14:00
Tuesday	Active Ageing Swim (not instructed) Walking Group (every other Tuesday) Yoga	MI,BS MI MI, IB	11:00-14:00 11:00-11.45 11:30-12:30
Wednesday	Active Ageing Gym (not instructed) Pilates Strength and Balance	MI, BS, IB VI, MI, BS & IB	11:00-14:00 10:50-11:50 13:00-14:00
Thursday	Yoga Short Mat Bowls (bring your own bowls/not instructed) Active Ageing Swim (not instructed) Keep Moving Together (Dementia friendly/chair based)	MI, IB MI,BS BS, IB MI, BS, IB	09:15-10:00 10:00-11:00 11:00-14:00 11:30-12.15
Friday	Walking Football (over 70's) Walking Football (over 55's) Walking Netball	VI,MI,BS VI,MI,BS,	10:00-11:00 11:00-12:00 10:00-11:00
Friday	Active Ageing Gym (not instructed) Sitless Circuits	MI, BS, IB MI, BS, IB	11:00-14:00 12:30-13:30