

BE ACTIVE



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 (Held in the Sports Hall) Zumba Gold (Held in the Sports Hall) Sitless Circuits | MI MI MI, BS, IB | 09:30-10:15 10:30-11:15 12:45-13:30 |
| Monday | Sitless Circuits Active Ageing Gym (not instructed) Walking Football | MI, BS, IB VI, MI, BS & IB | 13:45-14:30 11:00-14:00 11:00-12:00 |
| Tuesday | Active Ageing Swim (not instructed) Walking Group (every other Tuesday from 12th March) 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) | MI, IB MI,BS BS, IB | 09:15-10:00 10:00-11:00 11:00-14:00 |
| Thursday | Keep Moving Together (Dementia friendly/chair based) Chi Me | MI, BS, IB MI, IB | 11:30-12:15 12:30-13:00 |
| Friday | Walking Netball Active Ageing Gym (not instructed) Sitless Circuits Sitless Circuits | MI, IB MI,BS,IB MI, BS, IB MI, BS, IB | 10:00-11:00 11:00-14:00 12:15-13:00 13:15-14:00 |