

The Cost - The Cardiac Rehab Centre doesn't have an expensive joining fee or a monthly membership charge. You will pay a one off fee of £13.50 for your Induction, and then each exercise session you attend will cost just £4.60. We recommend that you attend at least two sessions per week. A concessionary rate is available for people on Income Support

The Staywell Programme is a GP referral programme for people who are at relatively high risk of suffering coronary heart disease. If interested ring Dr Sally Turner on 01420 544794, or, email sallyturner@cardiac-rehab.co.uk



Taking fitness to heart

Regular
exercise and
a healthy diet
make a
happy heart



**TIMETABLE
2018**

www.cardiac-rehab.co.uk
or call us on 01420 544794



CardiacRehab1

MONDAY	
08.00 – 09.00	GROUP CIRCUIT - ADVANCED
09.00 – 10.00	GROUP CIRCUIT – SPECIAL PROGRAMME
11.15 – 12.15	GROUP CIRCUIT - SPECIAL PROGRAMME
12.15 – 13.15	GROUP CIRCUIT – INTERMEDIATE +
13.15 – 14.15	GROUP CIRCUIT - INTERMEDIATE
14.15 – 15.15	GROUP CIRCUIT – SPECIAL PROGRAMME
15.15 – 18.00	INDEPENDENT EXERCISE
18.00 – 19.00	GROUP CIRCUIT - ADVANCED
19.00 – 20.00	GROUP CIRCUIT – ADVANCED PLUS
TUESDAY	
08.00 – 11.00	INDEPENDENT EXERCISE
11.00 – 12.00	GROUP CIRCUIT - INTERMEDIATE
12.00 – 13.00	GROUP CIRCUIT - INTERMEDIATE
13.00 – 14.00	GROUP CIRCUIT - INTERMEDIATE
14.15 – 15.15	INTRODUCTORY CLASS
14.30 – 15.30	HEARTBEAT CLASS
15.30 – 16.30	GROUP CIRCUIT - SPECIAL PROGRAMME
17.00 – 20.00	INDEPENDENT EXERCISE
WEDNESDAY	
08.00 – 09.00	GROUP CIRCUIT - ADVANCED
09.00 – 10.00	GROUP CIRCUIT – SPECIAL PROGRAMME
11.30 – 12.30	TAI CHI – COMING SOON
13.30 – 14.30	GROUP CIRCUIT – INTERMEDIATE - 4/7/18
14.30 – 15.30	GROUP CIRCUIT – SPECIAL PROGRAMME

15.30 – 18.00	INDEPENDENT EXERCISE
18.00 – 19.00	GROUP CIRCUIT - ADVANCED
19.00 – 20.00	GROUP CIRCUIT – ADVANCED PLUS
THURSDAY	
08.00 – 11.00	INDEPENDENT EXERCISE
11.00 – 12.00	GROUP CIRCUIT - INTERMEDIATE
12.00 – 13.00	GROUP CIRCUIT - INTERMEDIATE
13.00 – 14.00	GROUP CIRCUIT - INTERMEDIATE
14.00 – 15.00	STEADY & STRONG
14.15 – 15.15	GROUP CIRCUIT - INTERMEDIATE +
15.15 – 16.15	GROUP CIRCUIT - SPECIAL PROGRAMME
16.15 – 17.15	HEARTBEAT CLASS
17.30 – 20.00	INDEPENDENT EXERCISE
FRIDAY	
07.45 – 09.00	INDEPENDENT EXERCISE
09.10 – 10.10	INTRODUCTORY CLASS
10.15 – 11.15	GROUP CIRCUIT – SPECIAL PROGRAMME
11.15 – 12.15	GROUP CIRCUIT – SPECIAL PROGRAMME
12.30 – 13.30	GROUP CIRCUIT – ADVANCED
13.30 – 14.30	GROUP CIRCUIT – ADVANCED
14.30 – 15.30	GROUP CIRCUIT – INTERMEDIATE
15.30 – 17.30	INDEPENDENT EXERCISE
SATURDAY	
08.00 – 11.30	INDEPENDENT EXERCISE