

# ACTIVE 4 LIFE TIMETABLE

**Exercise Referral is available for anyone referred by their GP or Health Professional. There are a range of activities to choose from at the Active Life Centres.**

**Active 4 Life & Aqua 4 Life Fitness Classes** are available for anyone referred by their GP, Health Professional or an Exercise Referral Instructor. They are suitable for anyone with specific medical conditions where specialist support and motivation is required. A member of the Exercise Referral team will discuss the membership options available to you and advise on which classes are most suitable for your specific needs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
09.00 - 10.00 <b>STRICTLY CARDIO</b> Kingsmead Leisure Centre Lissa · Dance Studio / Gym	09.15 - 09.45 <b>LEVEL 2 AQUA</b> Kingsmead Leisure Centre Lynesey · Main Pool - Shallow	09.05 - 10.05 <b>CIRCUITS</b> Herons Leisure Centre Helen · Dance Studio	09.00 - 10.00 <b>CIRCUITS</b> Kingsmead Leisure Centre Lissa · Dance Studio	09.00 - 10.00 <b>STRICTLY CARDIO</b> Kingsmead Leisure Centre Lissa · Dance Studio / Gym
09.05 - 10.05 <b>CIRCUITS</b> Herons Leisure Centre Helen · Dance Studio	09.00 - 10.00 <b>CIRCUITS</b> Kingsmead Leisure Centre Lissa · Dance Studio	10.30 - 11.00 <b>LEVEL 2 AQ4L</b> Herons Leisure Centre Main Pool - Shallow	09.05 - 10.05 <b>CIRCUITS</b> Herons Leisure Centre Carol · Dance Studio	09.05 - 10.05 <b>CIRCUITS</b> Herons Leisure Centre Dance Studio
09.15 - 09.45 <b>LEVEL 1 AQ4L</b> Herons Leisure Centre Glenn · Small Pool	09.05 - 10.05 <b>CIRCUITS</b> Herons Leisure Centre Carol · Dance Studio	11.05 - 11.35 <b>LEVEL 1 AQ4L</b> Herons Leisure Centre Main Pool - Shallow	12.00 - 13.00 <b>GYM WORKOUT</b> Kingsmead Leisure Centre Glenn · Gym	12.00 - 13.00 <b>GYM WORKOUT</b> Herons Leisure Centre Glenn · Gym
10.00 - 10.30 <b>LEVEL 2 AQ4L</b> Herons Leisure Centre Glenn · Main Pool - Shallow	12.15 - 13.15 <b>GENTLE ACTIVE 4 LIFE</b> Kingsmead Leisure Centre Lissa · Dance Studio	11.15 - 12.15 <b>ACTIVE 4 LIFE</b> Whitstable Umbrella Community Centre · Helen	12.00 - 12.45 <b>B.L.T.</b> Herons Leisure Centre Lissa · Dance Studio	12.30 - 13.30 <b>ACTIVE 4 LIFE</b> Kingsmead Leisure Centre Lissa · Dance Studio
11.15 - 11.45 <b>AQUA 4 LIFE DEEP</b> Herons Leisure Centre Glenn · Main Pool - Deep	13.15 - 14.00 <b>CIRCUITS</b> Herons Leisure Centre Helen · Dance Studio	12.30 - 13.30 <b>A4L THERAPY PILATES</b> Herons Leisure Centre Lissa · Mind & Body Studio	12.15 - 12.45 <b>AQUA 4 LIFE DEEP</b> Herons Leisure Centre Main Pool - Deep	13.30 - 14.30 <b>GYM WORKOUT</b> Whitstable Swimming Pool Rebecca · Gym
12.30 - 13.30 <b>GYM WORKOUT</b> Herons Leisure Centre Glenn · Gym	14.30 - 15.30 <b>GENTLE ACTIVE 4 LIFE</b> Herons Leisure Centre Helen · Dance Studio	12.30 - 13.30 <b>ACTIVE 4 LIFE</b> Whitstable Umbrella Community Centre · Helen	13.00 - 13.30 <b>LEVEL 2 AQ4L</b> Herons Leisure Centre Main Pool - Shallow	14.00 - 14.30 <b>LEVEL 1 AQ4L</b> Whitstable Swimming Pool Main Pool - Shallow
13.30 - 14.30 <b>GYM WORKOUT</b> Whitstable Swimming Pool Helen · Gym		12.30 - 13.30 <b>GYM WORKOUT</b> Herons Leisure Centre Glenn · Gym	13.15 - 14.15 <b>CIRCUITS</b> Herons Leisure Centre Helen · Dance Studio	14.35 - 15.05 <b>LEVEL 2 AQ4L</b> Whitstable Swimming Pool Main Pool - Shallow
14.15 - 15.15 <b>A4L THERAPY PILATES</b> Herons Leisure Centre Lissa · Mind & Body Studio			13.30 - 14.30 <b>GENTLE ACTIVE 4 LIFE</b> Kingsmead Leisure Centre Glenn · Dance Studio / Gym	
20.10 - 21.10 <b>THERAPY PILATES</b> Bay Sports Studio Carol · Main Studio			14.30 - 15.30 <b>GENTLE ACTIVE 4 LIFE</b> Herons Leisure Centre Helen · Dance Studio	
			19.30 - 20.30 <b>THERAPY PILATES</b> Bay Sports Studio Lissa · Main Studio	

● Term Time Only - During school holidays this class will run from 10.35am to 11.05am.

♥ This symbol indicates that the class is led by a qualified Phase IV Cardiac Rehab Instructor.

**IMPORTANT: A screening assessment is required for new members before participation in any Active 4 Life or Aqua 4 Life class. Please call 01227 264444 (option 2) to book a screening appointment.**