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YMCA EAST SURREY

Exercise Referral

Session timetable

MONDAY

10:00-11:00 & 11:00-12:00	Wellbeing Gym	Gym	Ryan	Open gym session for approved exercise referral members with stable medical conditions.
11.05-11:50	Seated Exercise	Allanson Hall	Stephen	Class for approved exercise referral members with mobility restrictions and stable medical conditions.
11:25-12:20	Tai Chi	ISF Hall	Russ	Open class. Open to general members or exercise referral members with stable medical conditions and approved by the ER team.
12:30-13:30	Strength and Balance	ISF Hall	John	Exercise referral members that wish to improve strength and balance. By referral from the ER team only. A specialist instructor is available at this session.
14:00-15:00	Online Wellbeing	Zoom	John	Online class open to all exercise referral members. A specialist instructor is present at this session.

TUESDAY

10:00-11:00	Cardiac Rehab	Gym	Simone	Gym session for exercise referral members with cardiac conditions. A specialist cardiac instructor is available at this session.
11:00-12:00	Wellbeing Gym	Gym	Stephen	Open gym session for approved exercise referral members with stable medical conditions.
11:15-12:00	Seated Exercise	ISF Hall	Ryan	A seated exercise class for exercise referral members with mobility restrictions. A specialist instructor is available at this class.
12:00-13:00	MS Gym	Gym	Amy	Open gym session for exercise referral members with MS and other neurological conditions. A specialist MS instructor is present at this session.
13.30-14.30	Breathe Easy	Gym	Simone	Open gym session for exercise referral members with COPD or breathing-related medical conditions. A specialist instructor is available at this session.

WEDNESDAY

10:00-11:00 & 11:00-12:00	Wellbeing Gym	Gym	John	Open gym session for exercise referral members. A specialist instructor is available at this session.
12:30-13:30	Online Wellbeing	Online	John	Online class open to all exercise referral members. A specialist instructor is present at this session.
12:30-13:25	Let's Keep Moving	ISF Hall	Carmel	Open to exercise referral members with low risk, stable conditions. Those with mobility issues are welcome as exercises can be adapted or substituted as needed, and chairs are available. The class is split between group resistance training in the hall and time in the gym.

If you would like to attend a Zoom class please email Carmel Dalby
E carmel.dalby@ymcaeastsurrey.org.uk to receive details.

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THURSDAY

10.30-11.30	Cardic Rehab	Gym	Simone	Cardic Rehabilitation Phase IV 12 week programme. This class is invite only. A specialist cardiac instructor is available at this session.
11:00-12:00	Strength & Balance	Sovereign	John	Exercise referral members that wish to improve strength and balance. By referral from the ER team only. A specialist instructor is available at this session.
11:30-13:00	Pickleball	ISF Hall	Amy	Pickleball is a fun sport that combines elements of badminton, tennis, and table tennis. Played on a badminton-sized court and a slightly modified tennis net. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, over a net. By approval from the ER team only.
11:30-12:30	Wellbeing Gym	Gym	Simone	Open gym session for exercise referral members with stable medical conditions.
13:30-14:30	Otago	ISF Hall	John	Exercise referral members that wish to improve strength and balance in the lower body. By referral from the ER team only. A specialist instructor is available at this session.
13.30-14.30	Balance for Life	ISF Hall	Carmel	This class follows on from the Otago class, and it also has a focus on fall prevention and building strength and balance. It aims to help members increase their level of exercise gradually, maintain independence, build confidence, have a reduced fear of falling and get up off the floor if a fall occurs. By referral from the ER team only.
14:40-15:40	Stroke Rehab	Gym	Carmel	Gym session for exercise referral members that are recovering from a stroke. A specialist stroke instructor is present at this session.

FRIDAY

10:00-11:00 & 11:00-12:00	Wellbeing Gym	Gym	Carmel	Open gym session for exercise referral members with stable conditions and approved by the ER team.
10.15-11.15	Walking Football	ISF Hall	Russ/Tim	Enjoy the beautiful game with no running or sliding tackles – all the fun just at a slower pace! Everyone welcome (ideal for those aged 50+).
11:00-12:00	Online Wellbeing	Zoom	John	Online class open to all exercise referral members. A specialist instructor is present at this session.
12:45-13:45	Parkinson's	ISF Hall	John	A course specifically designed for people with Parkinson's. By referral from the ER team only.
14:00-15:00	Re:Vive	ISF Hall	Carmel	A circuit based class for those that have, or are recovering from cancer. Exercises are adapted to suit individual needs. By referral from ER team only. A specialist cancer instructor is available at this class.

SATURDAY (afternoon)

12:30-13:30	Walking Football (fortnightly)	ISF Hall	Russ/Tim	Enjoy the beautiful game with no running or sliding tackles – all the fun just at a slower pace! Everyone welcome (ideal for those aged 50+).
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