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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	**ER Circuits**	ISF Hall	Simone	Open to exercise referral members with low-risk, stable health conditions. Those with mobility issues are welcome, as exercises can be adapted or substituted as needed, and chairs are available. This circuit-style class involves rotating through a variety of exercises during the session.

If you would like to attend a Zoom class please email Paris Breeden-West

E paris.breeden-west@ymcaeastsurrey.org.uk to receive details.
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Session timetable

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 pecialist instructor is available at this session.
13.30-14.30	**Balance for Life**	ISF Hall	Amy	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	John	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	Kara	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	Kara	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

11:00-13:30	**Pickleball open session** (fortnightly)	ISF Hall		Pickleball is a fun sport that combines elements of badminton, tennis, and table tennis.

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