

Exercise Referral

Class timetable (starting w/c 3 August)

YMCA EAST SURREY

MONDAY

Time	Class	Instructor	Location
10:00-11:00	Cardiac Rehab	Wayne	Gym
11:00-12:00	Online Seated Exercise	Liz	Zoom
12:30-13:30	Online Cardiac Rehab	Wayne	Zoom
13:30-14:30	ER Open session	Wayne	Gym
14:30-15:30	Online Breathe Easy	Wayne	Zoom

TUESDAY

Time	Class	Instructor	Location
10:00-11:00	ER Open Session	Liz	Gym
12:00-13:00	MS/Stroke Rehab	Liz	Gym
14:00-15:00	Short Mat Bowls	N/A	Sports Hall

WEDNESDAY

Time	Class	Instructor	Location
11:00-12:00	Online Cardiac Rehab	Wayne	Zoom
12:30-13:30	Online Seated Exercise	Wayne	Zoom
14:30-15:30	Online Stroke rehab	Wayne	Zoom

THURSDAY

Time	Class	Instructor	Location
10:30-11:30	Online Seated	Wayne	Zoom
12:00-13:00	Wellbeing Circuits	Wayne	Sports Hall
15:00-16:00	Stroke Rehab	Wayne	Gym

FRIDAY

Time	Class	Instructor	Location
10:00-11:00	ER Open Session	Wayne	Gym
11:00-12:00	Online Stroke Rehab	Wayne	Zoom
12:30-13:30	Online Breathe Easy	Wayne	Zoom
14:30-15:30	Online Cardiac Rehab	Wayne	Zoom

If you would like to attend a Zoom class please email wayne.askin@ymcaeast Surrey.org.uk to receive the details.

For classes onsite, please follow all guidance on our website and respect social distancing whilst at the centre.

T 01737 779979 | www.ymcaeast Surrey.org.uk Registered charity no. 1075028

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