

Exercise Referral

YMCA EAST SURREY

Session timetable (From 19 August 2025)

MONDAYS

10:00-11:00 & 11:00-12:00	Wellbeing Gym	Gym	Carmel	Open gym session for approved exercise referral members with stable medical conditions.
11:15-12:00	Seated Exercise	ISF Hall	Stephen	Class for approved exercise referral members with mobility restrictions and stable medical conditions.
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.

TUESDAYS

10:00-11:00	Cardiac Rehab	Gym	Liz	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	Liz	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	Liz	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.

WEDNESDAYS

10:00-11:00 & 11:00-12:00	Wellbeing Gym	Gym	Simone	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.
13.30-14.30	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.

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THURSDAYS

10:30-11:15	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.
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	Liz	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	Russ	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	Postural Stability Instruction	ISF Hall	Liz	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.

FRIDAYS

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	Open class, all members welcome. Members with a medical referral are advised to contact the ER team before attending.
11:00-12:00	Online Wellbeing	Zoom	John	Online class open to all exercise referral members. A specialist instructor is present at this session.
12:30-13:00	Seated Stretch	Activity Room	Liz	A seated stretch and mobility class where exercises are performed seated in a chair focussing on improving flexibility, range of motion, and overall mobility. These classes are designed to be accessible to individuals of all fitness levels, including those who may have difficulty with traditional floor-based exercises.
12:45-13:45	Parkinson's	ISF Hall	John	A 12 week course specifically designed for people with Parkinson's. By referral from the ER team only.
14:00-15:00	Re:Vive	ISF Hall	Amy T	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.

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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