

# Exercise Referral

YMCA EAST SURREY

Session timetable (From 8 February 2024)

## MONDAYS

10:00-12:00	<b>Wellbeing Gym</b>	Gym	Carmel	Open gym session for approved exercise referral members with stable medical conditions.
11:15-12:00	<b>Seated Exercise</b>	Activity Room	Stephen	Class for approved exercise referral members with mobility restrictions and stable medical conditions.
12:00-13:00	<b>Cardic Rehab</b>	Gym	Simone	Cardic Rehabilitation Phase IV 12 week programme. This class is invite only. A specialist cardiac instructor is available at this session.
12:30-13:30	<b>Strength and Balance</b>	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.
13:30-14:30	<b>Breathe Easy</b>	Gym	Simone	Open gym session for exercise referral members with COPD or breathing-related medical conditions. A specialist instructor is available at this session.
14:00-15:00	<b>Online Wellbeing</b>	Zoom	John	Online class open to all exercise referral members. A specialist instructor is present at this session.
15:15-16:15	<b>Short Mat Bowls</b>	Sports Hall	N/A	Open class, all members welcome. Members with a medical referral are advised to contact the ER team before attending.

## TUESDAYS

10:00-11:00	<b>Cardiac Rehab</b>	Gym	Liz	Gym session for exercise referral members with cardiac conditions. A specialist cardiac instructor is available at this session.
11:00-12:00	<b>Wellbeing Gym</b>	Gym	Stephen	Open gym session for approved exercise referral members with stable medical conditions.
11:15-12:00	<b>Seated Exercise</b>	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	<b>MS Gym</b>	Gym	Liz	Open gym session for exercise referral members with MS and other neurological conditions. A specialist MS instructor is present at this session.

## WEDNESDAYS

10:00-12:00	<b>Wellbeing Gym</b>	Gym	Simone	Open gym session for exercise referral members. A specialist instructor is available at this session.
12:30-13:30	<b>Online Wellbeing</b>	Online	John	Online class open to all exercise referral members. A specialist instructor is present at this session.
12:30-13:30	<b>Let's Keep Moving</b>	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.

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## THURSDAYS

10:30-11:15	<b>Tai Chi</b>	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	<b>Strength &amp; Balance</b>	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	<b>Pickleball</b>	Sports 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.
13:30-14:30	<b>Otago</b>	ISF Hall	Diana	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	<b>Structured Wellbeing Gym</b>	Gym	Liz	Gym session open to all ER members. Attendees can either follow the programme they have been given or take part in a structured group session.
14:30-15:30	<b>Stroke Rehab</b>	Gym	Liz	Gym session for exercise referral members that are recovering from a stroke. A specialist stroke instructor is present at this session.

## FRIDAYS

10:00-12:00	<b>Wellbeing Gym</b>	Gym	Carmel	Open gym session for Exercise referral members with stable conditions and approved by the ER team.
10:15-11:15	<b>Walking Football</b>	ISF Hall	Russ	Open class, all members welcome. Members with a medical referral are advised to contact the ER team before attending.
10:45-11:45	<b>Online Wellbeing</b>	Zoom	John	Online class open to all exercise referral members. A specialist instructor is present at this session.
12:30-13:30	<b>Parkinson's</b>	Gym	John	A 12 week course specifically designed for people with Parkinson's. By referral from the ER team only.
14:30-15:30	<b>Cardiac Rehab</b>	Gym	Simone	Cardiac Rehabilitation Phase IV 12 week programme. This class is invite only. A specialist cardiac instructor is available at this session.

If you would like to attend a Zoom class please email Carmel Dalby  
E [carmel.dalby@ymcaeast Surrey.org.uk](mailto:carmel.dalby@ymcaeast Surrey.org.uk) to receive details.

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