

PHYSICAL WELLBEING PROGRAMME



FOR SELF-REFERRAL PROGRAMMES SEE OVER

HOSPITAL / GP REFERRAL PROGRAMMES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cancer Rehab - 12 wk 1.15-2.45pm Studio	Fitness for Health 12-2pm Gym	Cardiac Rehab - 12 wk 10.30am-12pm Gym	Cardiac Rehab - 12 wk 10.30am - 12pm Gym	Fitness for Health 2-4pm Gym	Fitness for Health 3-5pm Gym
Cardiac Rehab - 12 wk 2-3.30pm Gym		Young at Heart 12-1pm Holistic Hub	Cancer Rehab - 12 wk 2.15-3.45pm Studio		
Fitness for Health 2-4pm Gym		Older Fitness for Health 1-2pm Holistic Hub	Fitness for Health 6-8pm Gym		
		Fitness for Health 12-2pm Gym			

Contact
Mark Walmsley on
ma.walmsley@hotmail.co.uk
for a GP/Hospital referral
form and help with the
referral process

Cancer Rehab - A 12 week physical activity programme for those affected by cancer, £3.50 per session.

Cardiac Rehab - 12 weeks of specialist gym sessions for those affected by cardio-vascular disease, £4.00 per session.

Young at Heart Activities - A sitting or standing class for those who walk with an aid, or are affected by medical issues, £3.50 per session.

Older Fitness for Health - A chair based physical activity class to aid mobility, balance and flexibility, £4.00 per session.

Fitness for Health - Gym sessions with a trained exercise practioner for clients with medical needs ranging from high blood pressure or weight concerns, to someone who may have suffered a stroke. £4 per session or £30 for a 12 Week Fitness for Health Gym Membership (£10 induction)

How to find us
#BLTChat1st

Reception: Ask for the Chat 1st team
 Online: www.brentwood-centre.co.uk/wellbeing
 Email: Chat1st@brentwoodleisure.co.uk Tel: 01277 215151



PHYSICAL WELLBEING PROGRAMME

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SELF REFERRAL PROGRAMMES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FREE Adult Weight Management 11am - 12pm Gym	FREE Adult Weight Management 6-7pm Gym	Aqua Mobility 10.15-10.55am Swimming Pool	MS Group 12-2pm Studio	Aqua Mobility 11.10-11.50am Swimming Pool		Aquaccess 3-4.30pm Swimming Pool
FREE Wellbeing Walk 11.30am - 12.30pm Meet in Main Reception		FREE Adult Weight Management 1-2pm Gym	FREE Adult Weight Management 6-7pm Gym			
Sitting Yoga 12.45pm Holistic Hub						

Adult Weight Management - A 12 week course offers ongoing support for those who want to lose weight.

Wellbeing Walk - Meet in Main Reception for a low intensity walk around the field and local community.

Sitting Yoga - To allow those who can't stand for long periods of time access to Yoga. Focusing on the abilities of the participant for the physical part and offering a whole experience including body, mind and spirit with breathing techniques and relaxation, £3.50 per session.

MS Group - Exercises targeted for the special needs of people with MS - to improve muscle strength, mobility, balance, flexibility and confidence, £5 per session. Contact: Ralph Hillier on 07947 613850

Aqua Mobility - A water based fitness class for those with limiting physical conditions. Open to all ages, abilities and disabilities, a perfect form of rehabilitation, £4.70 per session.

Aquaccess - To encourage users with physical and mental disabilities to enjoy the benefits that water brings. Accessible changing facilities and a pool hoist are available. Payment directly to Aquaccess. Contact: 01277 354161

To register for any or the Chat 1st self referral classes simply visit www.brentwood-centre.co.uk/wellbeing Call 01277 215151 or drop into the Brentwood Centre

