

Exercise Referral timetable

Come along and join in with exercises to help improve your strength, balance, co-ordination and flexibility.



For more information please contact Mel Hall
call 01530 454839 or email melanie.hall@nwleicestershire.gov.uk

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Timetable of activities

Level 3 classes						
Monday	9.45am - 11am	Laraine	Tai Chi	Swannington Village hall	LE67 8QL	£4.60
	10am - 11am	Tracey	Easy Movers	Moira Village Hall	DE12 6DZ	£3
	12noon - 1pm	Debbie	Gentle Water Jog	Ibstock Leisure Centre	LE67 6LG	£3
	12noon - 1pm	Danny	Activity Bingo	The Biggin, Castle Donnington	DE12 7HR	£2
Tuesday	10am - 11am	Tracey	Easy Move Chair Aerobics	Hugglescote Community Centre	LE67 2BR	£3
	10am - 11am	Danny	Strength and Tone	Hermitage Leisure Centre	LE67 5EU	£3
	11am - 12noon	Danny	Easy Move Chair Aerobics	Measham Leisure Centre	DE12 7HR	£3
Wednesday	11am 12noon	Danny	Easy Movers	Coalville Methodist Church	LE67 3WD	£3.50
	12.30pm - 1.30pm	Danny	Mobility	Hood Park Leisure Centre	LE65 1HU	£3
	6pm - 7pm	Chris	Weight Busters	Christ Church	LE67 3SJ	£3
Thursday	11.15am - 12.15pm	Christine	Pilates	Health Workshop, Ashby	LE65 1AL	£3
Friday	10am - 11am	Tracey	Yoga	Hermitage Leisure Centre	LE67 5EU	£3
	11.45am - 12.45pm	Danny	Easy Movers	Ibstock Palace Community Centre	LE67 6LH	£3
	1pm - 2pm	Chris	Cardiac next step	Hood Park Leisure Centre	LE65 1HU	£3
	2.15pm - 3.15pm	Danny	Easy Movers	Browns Court, Ashby	LE65 2LZ	£3

Level 3 - gym sessions

Monday	2pm - 3pm	Instructor	Hermitage Leisure Centre	LE67 5EU	£5.15
Tuesday	11am - 12 noon	Instructor	Hermitage Leisure Centre	LE67 5EU	£5.15
	2pm - 3pm	Instructor	Hood Park Leisure Centre	LE65 1HU	£5.15
Wednesday	2pm - 3pm	Instructor	Hermitage Leisure Centre	LE67 5EU	£5.15
Thursday	2pm - 3pm	Instructor	Hood Park Leisure Centre	LE65 1HU	£5.15
Sunday	11am - 12 noon	Instructor	Hood Park Leisure Centre	LE65 1HU	£5.15

Level 4 classes

Monday	1pm - 2pm	Mel	Low Impact Movers	Hood Park Leisure Centre	LE65 1HU	£3
Tuesday	1pm - 2pm	Tom	Gym Circuit	Hood Park Leisure Centre	LE65 1HU	£3
Wednesday	9.30am - 10.30am	Mel	Active Mobility	Hermitage Leisure Centre	LE67 5EU	£3
	1.30pm - 2.30pm	Sue	Parkinsons	Hood Park Leisure Centre	LE65 1HU	£6
Thursday	11.30am - 12.30pm	Sue	Parkinsons	Hood Park Leisure Centre	LE65 1HU	£6
	1.30pm - 2.30pm	Tom	Gym Circuit	Hermitage Leisure Centre	LE67 5EU	£3
Sunday	9.30am - 10.30am	Chris	Nordic Walking	Moira Furnace	DE12 6AT	£3

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