

Day	Drop in (9.00 - 10.00am)	Morning (AM) (10.00 - 12.15pm)	Afternoon (PM) (12.45 - 3.00pm)	Drop in (3.00 - 5.00pm)
Monday	Healthy Hearts	General Gym	Wheelchair Fitness	Healthy Hearts
Tuesday	Healthy Hearts	Dance Champion	General Gym	Healthy Hearts
Wednesday	Healthy Hearts	Wednesday Wanderers Club		Healthy Hearts
Thursday	Healthy Hearts	HS4LC Swimmers	Wii Fitness	Healthy Hearts
Friday	Healthy Hearts	Going For Gold	General Gym	Healthy Hearts

### Gym session details:



**Healthy Hearts:** these are free drop-in sessions overseen by HS4LC's trainers.

**Wheelchair fitness:** learn wheelchair workouts to keep your heart healthy and muscle-strengthening exercises to help you self-propel your chair.

**General Gym:** a personalised workout using the exercise equipment in HS4LC's gym.

**Dance Champion:** a fun way to exercise and get fit through dancing.

**Wednesday Wanderers:** this all-weather walking group will undertake an easy, medium or challenging walk every week.

**HS4LC Swimmers:** this swimming session will take place at The Hydro on Thursday mornings.

**Wii Fitness:** combine gaming and exercise in fun activities using the Wii console.

**Going for Gold:** set your own targets and push yourself to be the best you can be.

