

Day	Morning (AM)	Afternoon (PM)
<b>Monday</b>	Healthy Soups and Seasonal Lunches*	Healthier Life, Healthier Me
	Telling Tales	Computers: Films and Animation*
	Ready Steady Cook - Around the World!	Money Enterprise: Baking
	Gym & Fitness (Please turnover for gym timetable)	Gym & Fitness (Please turnover for gym timetable)
<b>Tuesday</b>	Stitch Club	Crazy Crafts
	Magic of the Musicals	Dancing Hands and Musical Favourites
	House to Home	All About Me
	Explorers Club (All-day group)	
	Gym & Fitness (Please turnover for gym timetable)	Gym & Fitness (Please turnover for gym timetable)
<b>Wednesday</b>	Stitch Club	Adventures in Art through Time and Places
	Disney Day!	Rock and Pop
	HS4LC Newsletter Group*	Computers and Photography*
	Gym & Fitness (Please turnover for gym timetable)	Gym & Fitness (Please turnover for gym timetable)
<b>Thursday</b>	Dance and Drama (All-day group)	
	Allotment: Plot to Plate	Allotment: Plot to Plate
	Chill Out - Relax!	The 1 in 100 Club (1.00 - 3.00pm)
	Gym & Fitness (Please turnover for gym timetable)	Gym & Fitness (Please turnover for gym timetable)
<b>Friday</b>	Film Club	Games Group
	Enterprise: Chocolate Heaven	Adventures in Art through Time and Places
	Ready Steady Cook - Around the World!*	Take Away Cooking*
	Gym & Fitness (Please turnover for gym timetable)	Gym & Fitness (Please turnover for gym timetable)

\*Classes will run on the first floor.

**Please see the course details sheet for further information on each of the courses.**

**Please turnover the page to view our extra activities and HS4LC gym timetable.**



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 (closes at 3.30pm)

### 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.



Day	Extra activities
Weekly	Musical Instrument 1/2 hr 1:1 lesson (appointments bookable - various times to suit)
Monthly	Thursday Evening Social (first Thursday of every month)
Monthly	HS4LC Advocacy and Feedback Group

