

Active Health Wellbeing Hub Fitness and Activity Classes

From Monday 3rd March 2025

- Fairfax Wellbeing Hub
- Harrogate Leisure & Wellness Centre
- Jennyfield Styan Wellbeing Hub
- Stockwell Wellbeing Hub
- Hugh Ripley Hall, Ripon

Monday	Tuesday	Wednesday	Thursday	Friday
Falls Prevention (Succeed) 10.45 - 11.45pm	Healthy You 10.30am - 12noon	Fit4Function 9.30 - 10.15am	Advanced Balance 9.30 - 10.15am	Fit4Future 10.30 - 11.15am
Falls Prevention (Thrive) 11am - 12noon	Cardiac Rehab (P3) 10.45am - 12noon	Advanced Balance 10.30 - 11.15am	Exercise for Neurological Conditions (Start) 9.30 - 10.30am	Falls Prevention (Start) 10.45 - 11.45am
Exercise for Neurological Conditions (Thrive) 11.30 - 12.30pm	Seated Exercise 11.15am - 12.15pm	Pulmonary Rehab (Start) 12.30 - 1.30pm	Falls Prevention (Succeed) 12noon - 1pm	Healthy You 11.30am - 1pm
Falls Prevention (Start) 12noon - 1pm	Fit4Function 12.15 - 1pm	Healthy You 1.15 - 2.45pm	Fit4Function 12.30 - 1.15pm	Seated Exercise 11.30am - 12.30pm
Exercise for Neurological Conditions (Succeed) 12noon - 1pm	Fit4Future (Start) 1 - 1.45pm	Pulmonary Rehab (Succeed) 1.45 - 2.45pm	Advanced Balance 1.30 - 2.15pm	Falls Prevention 11.30am - 12.20pm
Fit4Function 12.45 - 1.30pm	Advanced Balance 1.15 - 2pm	Fit4Future (Start) 3 - 3.45pm	Postural Stability (Thrive) 1.30 - 2.30pm	Falls Prevention (Succeed) 12noon - 1pm
Exercise for Neurological Conditions (Succeed) 1 - 2pm	Falls Prevention (Start) 1.45 - 2.45pm	Fit4Future (Thrive) 3 - 3.45pm	Cardiac Rehab (P3) 2.30 - 3.45pm	Fit4Function 12.30 - 1.15pm
Exercise for Neurological Conditions (Start) 1.30 - 2.30pm	Fit4Future (Succeed) 3.15 - 4pm	Fit4Future (Succeed) 4 - 4.45pm	Healthy You 3 - 4.30pm	Pulmonary Rehab (Start) 1.30 - 2.30pm
Fit4Future (Succeed) 2.15 - 3pm			Cardiac Rehab (P4) 4 - 5.15pm	Exercise After Stroke (Succeed) 1.15 - 2.15pm
Exercise After Stroke (Start/Succeed) 2.30 - 3.30pm				Exercise After Stroke (Start) 2.30 - 3.30pm
Fit4Future (Thrive) 3.15 - 4pm				Pulmonary Rehab (Succeed) 2.45 - 3.45pm
Cardiac Rehab (P3) 4.30 - 5.45pm				Healthy You 3.45 - 5.15pm

Advanced Balance

Lower leg strength and balance class, aimed to improve lower body strength, balance and co-ordination. This will help you safely perform everyday activities with confidence. Aimed at an already active adult wanting to increase their confidence, strength or continuing rehabilitation from injury. £5.60

Cardiac Rehab Phase 3

A circuit based exercise class designed specifically for people who have had a cardiac event to improve physical and mental wellbeing. In partnership with Harrogate District Hospital Cardiac rehabilitation nurses. £5.60.

Cardiac Rehab Phase 4

A circuit based exercise class designed specifically for people who have had a cardiac event to improve physical and mental wellbeing. In partnership with Harrogate District Hospital Cardiac rehabilitation nurses. £5.60 Referral only.

Exercise After Stroke

Specifically developed sessions to help stroke survivors progressively recover: lost balance; co-ordination; functional strength; movement and flexibility. £5.60.

Exercise for Neurological Conditions

Exercise session for people with Parkinson conditions. Chair based or standing exercises focusing on: balance, correct body position and alignment, walking ability and strength. £5.60.

Falls Prevention

This is a gentle exercise class designed to improve your strength and balance, enabling you to enjoy more physical activity, while reducing the risk of a fall. £5.60.

Fit4Function

Class designed to improve posture, strength, agility, co-ordination, balance and general health to reduce risk of falls with an extra focus on lower body muscular strength with people with Osteoarthritis. £5.60.

Fit4Future

An exercise class for people undergoing treatments, after treatment or recovering from cancer. £5.60.

Healthy You

12 week weight management programme. Participants must be over 18 with a BMI of 30+ to attend. Course includes nutritional advice and northyorks.gov.uk/active/fit4life to register for the programme or phone 01423 556106.

Pulmonary Rehab

A class designed for people with breathlessness as a result of any respiratory condition, working on improving fitness and functional strength to help you manage your symptoms. £5.60

Seated Exercise

A low-level seated exercise class suitable for all abilities. £5.60

secure.refer-all.net/referrals/brimhamsactive/refer

Fairfax: 01423 883614 Stockwell: 01423 862702 Jennyfield Styan: 01423 521667