

# Fairfax Wellbeing Hub Fitness and Activity Classes

From Monday 3rd March 2025

- Fitness classes
- Active Health classes
- Externally run activities
- Social and support groups

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Soccer Kidz</b> 9 - 11.15am			<b>Soccer Kidz</b> 9 - 11.15am	<b>Soccer Kidz</b> 9 - 11.15am	<b>Soccer Kidz</b> 9am - 12noon	<b>Soccer Kidz</b> 9am - 12noon
<b>Total Gym HIIT</b> 9.30 - 10.15am	<b>Total Body Workout</b> 9.45 - 10.30am		<b>Total Gym HIIT</b> 10.15 - 11am	<b>Functional Fitness</b> 10.30 - 11.15am		
<b>Pilates and Stretch</b> 10.45 - 11.45am	<b>Cardiac Rehab (Phase 3)</b> 10.45am - 12noon	<b>Boccia</b> 10.45am - 12.15pm	<b>Stretch and Flex</b> 11.15am - 12noon	<b>Seated Exercise</b> 11.30am - 12.30pm		
<b>Exercise for Neurological Conditions (Thrive)</b> 11.30am - 12.30pm	<b>Cardiac Talks</b> 12noon - 1pm	<b>Pulmonary Rehab (Start)</b> 12.30 - 1.30pm	<b>Yoga Therapy</b> 11.30am - 12.15pm	<b>Healthy You</b> 11.30am - 1pm		
<b>Exercise for Neurological Conditions (Succeed)</b> 12noon - 1pm	<b>Cardiac Assessments</b> 12noon - 2.30pm	<b>Pulmonary Rehab (Succeed)</b> 1.45 - 2.45pm	<b>Fit4Function</b> 12.30 - 1.15pm	<b>Pulmonary Rehab (Start)</b> 1.30 - 2.30pm		
<b>Exercise for Neurological Conditions (Succeed)</b> 1pm - 2pm	<b>Fit4Function</b> 12.15 - 1pm	<b>Fit4Future (Start)</b> 3 - 3.45pm	<b>Advanced Balance</b> 1.30 - 2.15pm	<b>Pulmonary Rehab (Succeed)</b> 2.45 - 3.45pm		
<b>Exercise for Neurological Conditions (Start)</b> 1.30 - 2.30pm	<b>Advanced Balance</b> 1.15 - 2pm	<b>Fit4Future (Succeed)</b> 4 - 4.45pm	<b>Cardiac Rehab (Phase 3)</b> 2.30 - 3.45pm			
<b>Exercise After Stroke (Start/Succeed)</b> 2.30 - 3.30pm			<b>Cardiac Rehab (Phase 4)</b> 4 - 5.15pm			
<b>Soccer Kidz</b> 4.15 - 5.45pm						
<b>Teen Sport Session</b> 6 - 7pm						
<b>Halo</b> 7 - 8pm						

[www.northyorks.gov.uk/active](http://www.northyorks.gov.uk/active)  
01423 883614



## **Fitness classes – open for all members**

**Functional Fitness** – This session uses easy to follow aerobic moves and exercises to keep you active, fit, strong and ready for life.

**Pilates and Stretch** – These sessions will help you lengthen and strengthen your muscles, improve your core strength, your stability and mobility. Suitable for beginners and people with more experience.

**Stretch and Flex** – This is a class for improving your posture, flexibility, range of movement and loosening out those tight areas. Stretching can be a workout too!

**Total body workout** – This class targets fat burning, improves muscle tone and posture, in a friendly and informal session.

**Total Gym HIIT** – A fun, varied class using our new Total Gym equipment and spin bikes to provide an all-over body workout with music. The Total Gym machines use a variable incline and your bodyweight to provide different levels of intensity for a range of exercises to work your legs, upper body or core.

**Yoga Therapy** – Yoga therapy is a holistic approach that combines the ancient wisdom of yoga with modern therapeutic techniques. It focuses on using breathwork, gentle stretches, and relaxation techniques to support individuals in their physical, emotional, and mental well-being.

**All fitness classes are free to Active North Yorkshire members or £6.20 per class for non members. To book call us on 01423 883614, or via the Active North Yorkshire Active App.**

## **Externally run activities**

**Soccer Kidz** – Child development taught through football. More details contact – 07988 374051 or Harrogatesoccerschool@yahoo.com

## **Active Health Classes**

**– open for all members but may require an assessment before attendance**

**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. To book contact active.health@northyorks.gov.uk or 01423 556106.

**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. Referral only.

**Cardiac talk** – Closed Group for Cardiac Phase 3 participants.

**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. To book contact active.health@northyorks.gov.uk or 01423 556106

**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. To book contact active.health@northyorks.gov.uk or 01423 556106.

**Fit4Future** – an exercise class for people undergoing treatments, after treatment or

recovering from cancer. £5.60. To book contact active.health@northyorks.gov.uk or 01423 556106

**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. To book contact active.health@northyorks.gov.uk or 01423 556106

**Healthy You** – A 12 week weight management programme. Participants must be over 18 with a BMI of 30+ to attend. Course includes nutritional and lifestyle advice. Visit [www.northyorks.gov.uk/healthy-living/healthy-you](http://www.northyorks.gov.uk/healthy-living/healthy-you) to register for the programme or phone 01423 556106 for more info.

**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.

**Seated Exercise** – A low-level seated exercise class suitable for all abilities. To book contact active.health@northyorks.gov.uk or 01423 556106

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## **Social and support groups**

**Boccia** – A Paralympic sport played by everyone regardless of ability. Come and join us for a friendly game. Open to all ages and abilities.

**Halo** – Leisure and social club open to disabled people aged 14 and over. £3.40.

**Teen Sport Session** – A fun sport based coaching session for children who have special educational needs or disabilities. Suitable for 12 years and above.

**Please add for more information or to book call us on 01423 883614.**