

# Active Health Wellbeing Hub Fitness and Activity Classes

## From Monday 26th May 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Falls Prevention (Succeed)</b> 10.45 - 11.45pm	<b>Healthy You</b> 9.30am - 11am	<b>Fit4Function</b> 9.30 - 10.15am	<b>Advanced Balance</b> 9.30 - 10.15am	<b>Fit4Future</b> 10.30 - 11.15am
<b>Falls Prevention (Thrive)</b> 11am - 12noon	<b>Healthy You</b> 10.30am - 12noon	<b>Advanced Balance</b> 10.30 - 11.15am	<b>Exercise for Neurological Conditions (Start)</b> 9.30 - 10.30am	<b>Falls Prevention (Start)</b> 10.45 - 11.45am
<b>Exercise for Neurological Conditions (Thrive)</b> 11.30 - 12.30pm	<b>Cardiac Rehab (P3)</b> 10.45am - 12noon	<b>Pulmonary Rehab (Start)</b> 12.30 - 1.30pm	<b>Falls Prevention (Succeed)</b> 12noon - 1pm	<b>Healthy You</b> 11.30am - 1pm
<b>Falls Prevention (Start)</b> 12noon - 1pm	<b>Seated Exercise</b> 11.15am - 12.15pm	<b>Healthy You</b> 1.15 - 2.45pm	<b>Fit4Function</b> 12.30 - 1.15pm	<b>Seated Exercise</b> 11.30am - 12.30pm
<b>Exercise for Neurological Conditions (Succeed)</b> 12noon - 1pm	<b>Fit4Function</b> 12.15 - 1pm	<b>Pulmonary Rehab (Succeed)</b> 1.45 - 2.45pm	<b>Advanced Balance</b> 1.30 - 2.15pm	<b>Falls Prevention</b> 11.30am - 12.20pm
<b>Fit4Function</b> 12.45 - 1.30pm	<b>Fit4Future (Start)</b> 1 - 1.45pm	<b>Fit4Future (Start)</b> 3 - 3.45pm	<b>Postural Stability (Thrive)</b> 1.30 - 2.30pm	<b>Falls Prevention (Succeed)</b> 12noon - 1pm
<b>Exercise for Neurological Conditions (Succeed)</b> 1 - 2pm	<b>Advanced Balance</b> 1.15 - 2pm	<b>Fit4Future (Thrive)</b> 3 - 3.45pm	<b>Cardiac Rehab (P3)</b> 2.30 - 3.45pm	<b>Fit4Function</b> 12.30 - 1.15pm
<b>Exercise for Neurological Conditions (Start)</b> 1.30 - 2.30pm	<b>Falls Prevention (Start)</b> 1.45 - 2.45pm	<b>Fit4Future (Succeed)</b> 4 - 4.45pm	<b>Healthy You</b> 3 - 4.30pm	<b>Pulmonary Rehab (Start)</b> 1.30 - 2.30pm
<b>Fit4Future (Succeed)</b> 2.15 - 3pm	<b>Fit4Future (Succeed)</b> 3.15 - 4pm		<b>Cardiac Rehab (P4)</b> 4 - 5.15pm	<b>Healthy You</b> 1.30 - 3pm
<b>Healthy You</b> 2.15 - 3.45pm				<b>Exercise After Stroke (Succeed)</b> 1.15 - 2.15pm
<b>Exercise After Stroke (Start/Succeed)</b> 2.30 - 3.30pm				<b>Exercise After Stroke (Start)</b> 2.30 - 3.30pm
<b>Fit4Future (Thrive)</b> 3.15 - 4pm				<b>Pulmonary Rehab (Succeed)</b> 2.45 - 3.45pm
<b>Cardiac Rehab (P3)</b> 4.30 - 5.45pm				<b>Healthy You</b> 3.45 - 5.15pm
<b>Healthy You (Nutrition)</b> 6 - 6.45pm		<b>Healthy You</b> 7 - 8.30pm		

### **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 [www.northyorks.gov.uk/healthyyou](http://www.northyorks.gov.uk/healthyyou) 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

<https://secure.refer-all.net/referrals/ANYHarrogate/refer>

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