

Mondays

Gym opening	8:00am - 9:00pm
Slim with ..	10:30 - 11:30am
Inductions*	12:00 - 1:00pm
Access 2 Fitness**	1:30pm - 2:30pm
Freedom Climber**	2.45 - 4:00pm
Family Gym*	5:00pm - 7:00pm

Tuesdays

Gym opening	8:00am - 9:00pm
Buggy in 2 shape*** (During summer holidays)	1.30pm - 2.30pm
Breathe Easy*	1:00pm - 2:00pm
Inductions*	5.00 - 7.00pm
Family Gym*	5:00pm - 7:00pm
Zumba**	6.30 - 7.30pm

* Gym **Hall ***Outdoors

NB. Sessions and classes may change at short notice

Wednesdays

Gym opening	8.00am - 9.00pm
Pilates**	9.45am - 10.45am
Freedom climber Inductions**	11.00am - 1.00pm
Family Gym	5.00pm - 7.00pm
Nordic walking Beginners***	5.15 - 6.15pm
Nordic walking Progression***	6.30pm - 7.30pm
Boxercise	7.30pm - 8.30pm

GP Referral Supervised sessions

Monday	9:00am - 1:00pm
Tuesday	9:00am - 3:00pm
Wednesday	9:00am - 3:00pm
Thursday	9:00am - 1:00pm
Friday	9:00am - 3:00pm
Saturday	10:00am - 2:00pm

Sessions on a Saturday are subject to staff availability

Please Note: Supervised Gym: priority during these sessions will be for those with a referral to exercise. Our instructors may ask you to use other equipment if it is needed for a referral client during this session

Thursdays

Gym opening	8.00am - 9.00pm
Next Steps**	10.00am - 11.00am
Inductions*	11.15am - 12.15pm
MS support group**	12.00 - 4.00pm
Staying steady*	1.15 - 2.15pm
Freedom climber**	4.30 - 5.30pm
Inductions*	5.00 - 7.00pm
Family Gym*	5.00 - 7.00pm

Fridays

Gym opening	8.00am - 6.00pm
Wellbeing naturally***	10.15am Pick up
Knitter Natter	12.45 - 3.00pm
Freedom Climber Inductions**	3.00 - 4.00pm
Freedom Climber**	4.00 - 5.00pm
Family Gym*	4.00 - 6.00pm

Saturdays

Gym opening	10.00am - 4.00pm
Family Gym*	10.00am - 2.00pm
Inductions*	10.30am - 1pm

Activity Description

Slim with - weight management and exercise with support from our team. Weekly weigh ins and recipes.

Access 2 Fitness - Low impact circuit class - fun for all what ever your fitness levels. No floor work.

Freedom climber - Safe fun climbing - great whole body workout.

Breathe Easy - A supervised gym session for individuals suffering from breathing problems

Zumba - Fun dance session. Combines motivating music with easy dance moves.

Pilates - Great toning workout. Suitable for all levels of fitness (please note floor work required)

Boxercise - Circuit class developing power & stamina using boxing techniques

Next Step - Gentle circuit based exercise for GP Exercise on Referral clients

Staying Steady - For anyone who has problems with their balance or has a fear of falling. Please ask for a referral form.

Nordic walking - walking that is twice as effective at burning calories and easy on your joints. Session includes warm up & cool down

Buggy in 2 Shape - For those with children in pushchairs. Great work out!

Wellbeing Naturally - Get outside, learn new skills, meet new people - Free transport

The Lemington Centre

A local resource, run by local people, for the benefit of local people.

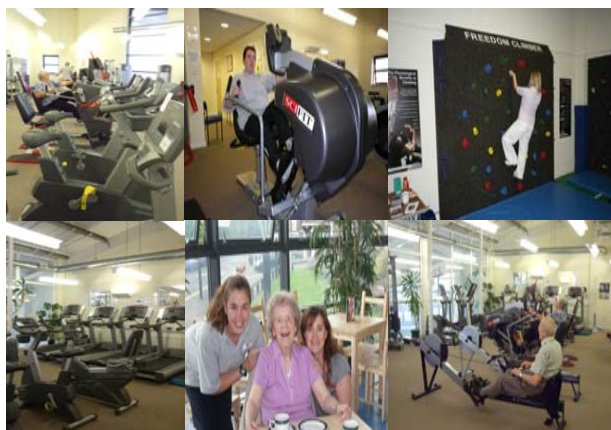
The Lemington Centre

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The Lemington
Centre

2011

**Gym
Activity
Programme**


HealthWORKS
Newcastle

Registered Charity no: 1040370