**Activity Timetable for T3 AWM service users**

**Peterborough -**

[**https://www.vivacity.org/search**](https://www.vivacity.org/search)

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| Activity | Description | Where | When | Cost |
| **Strength & Balance** | **Designed to help improve strength & balance in over 60s to reduce Falls-static exercises based around a chair, seated or standing** | **Hampton Library & Leisure Centre**  | **Monday** **10am-11am** | **Free** |
| **Let’s Get Moving** **8-week programme** | **Designed for Dementia patients to improve strength & balance** | **Dementia Resource Centre, York Road, Peterborough** | **Monday – starts 13th Sept** **10am - 11am** | **Free** |
| **Wellbeing** **Walk** | **A gentle walk-through Central Park of Peterborough, surrounded by beautiful tall trees and landscaped** **gardens**  | **Central Park Peterborough** | **Monday****10am-11am** | **Free** |
| Stroke Rehabilitation | Exercise sessions to improve mobility, strength and balance after a stroke | Hampton Library & Leisure Centre | Monday11am to 12noon | £3.00 |
| Obesity / Diabetes and Hypertension | Low impact Exercises to encourage weight loss for anyone with a BMI over 25kg/m2 and to improve anxiety and hypertension through exercise | Hampton Library & Leisure Centre | Monday 11:45 to 12:45 | £3.00 |
| Chair Based Pilates | Gentle exercise sessions to improve Posture and Core- exercises completed seated or standing | Hampton Library & Leisure Centre | Monday 13:15 to 14:15 | £3.00 |
| **Couch to 5K** | **Walk / Jog or Run-on Athletic Track to improve your fitness and ability by completing Couch to 5K activities as guided by Public Health England app** | **Athletic Track, PeterboroughPE1 5BW** | **Tuesday****11am to 12noon** | **Free**  |
| Mobility  | Exercise sessions designed to improve mobility after injury or surgery | Hampton Library & Leisure Centre | Tuesday 11am to 12noon | £3.00 |
| Cardiac Rehabilitation | Designed to help improve cardiovascular and pulmonary health after a cardiac or pulmonary condition | Hampton Library & Leisure Centre | Tuesday 12:15 to 13:15 | £3.00 |
| Let’s Get Moving 8-week exercise programme | **Gentle and light paced exercise sessions for patients with long term conditions and weight issues (Thistlemoor/ Central & Octagon patients)** | **Regional Fitness and Swimming Centre, PE1 5BW** | **Wednesday 10am to 11am** | **Free** |
| Strength& balance | Designed to improve strength and balance in over 60s to reduce risk of Falls – exercises can be completed either seated or standing  | Hampton Library & Leisure Centre | Wednesdays 10:45 to 11:45 |
| Cardiac Rehab | Designed to improve cardiac and Pulmonary conditions after treatment | Hampton Library & Leisure Centre | Wednesday 12noon to 1pm |
| Cardiac Rehab | Designed to improve cardiac and Pulmonary conditions after treatment | Hampton Library & Leisure Centre | Wednesday 1:30pm to 2:30pm  |
| **Let’s Get** **Moving 8-week exercise programme** | **Designed to improve** **exercise ability and physical movement through structured exercises during 8 weeks – Thorney & Eye residents / patients**  | **Eye Community Asspciation, High St, Eye Peterborough** | **Thursday 10am to 11am** |
| Muscular Skeletal  | Designed to improve mobility and strength | Hampton Library & Leisure Centre | Thursday 11am to 12noon |
| Strength & Balance  | Designed to improve strength and balance in over 60s to reduce the risk of Falls | Hampton Library & leisure Centre | Thursday |
| Cardiac Rehab | Designed to improve cardiac and Pulmonary conditions after treatment | Werrington Sports Centre | Thursday 5:15pm to 6:15pm |
| **Yoga 4 Mental Health** | **Gentle Yoga to help the mind-reduces stress and anxiety and improves wellbeing** | **Hampton Library & leisure Centre** | **Friday** **10:45 to 11:45** |
| Cancer Rehab | Sessions to aid recovery after cancer treatment to help return to pre cancer fitness as much as possible in a safest possible way | Regional Fitness & Swimming Pool | Friday 11:30 to 12:30 | £3.00 |
| **Let's Get Moving maintenance class** | **A stepping stone into mainstream activities for those not very confident in accessing fitness facilities due to long term health conditions**  | **Hampton Library & leisure Centre** | **Friday****12:30 to 1:30** | **Free** |
| Strength & balance  | Designed to improve strength and balance in over 60s to reduce the risk of Falls | Hampton Library & Leisure Centre | Friday 2pm to 3pm | £3.00 |
| **Let’s Get Moving 8-week Exercise programme** | **Designed for Boroughbury patients to help improve fitness and mobility through 8-week structured programme** | **Boroughbury Medical Centre** | **Saturday****10am to 11am**  | **Free** |
| **Let’s Get Moving – 8-week Gym based programme** | **Designed to introduce gym facilities to those wanting to improve and maintain their health through gym facilities and increase their confidence in using gym equipment** | **Hampton Library & Leisure Centre** | **Saturday****1pm to 2pm** | **Free** |

**Huntingdon**

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| Activity | Description | Where | When | Cost | More information |
| RightStart 5  | Light to moderate exercise based around circuit stations to help improve flexibility, strength and stamina. Exercises are all standing | Parish Centre, Warboys | Mon 10-11am | £3.80 pay as you go or block of 10 for £33 | <https://www.huntingdonshire.gov.uk/leisure/specialist-exercise-classes/rightstart/>  |
| RightStart 5 | Same as above | One Leisure Ramsey | Tues 10:15-11:15am | £3.80 pay as you go or block of 10 for £33 | As above |
| RightStart 5 | Same as above | Brampton Memorial Centre | Tues 10:30-11:30am | £3.80 pay as you go or block of 10 for £33 | As above |
| RightStart 5 | Same as above | One Leisure St Ives | Weds 2-3pm | £3.80 pay as you go or block of 10 for £33 | As above |
| RightStart 5 | Same as above | One Leisure St Neots | Weds 3-4pm | £3.80 pay as you go or block of 10 for £33 | As above |
| RightStart 5 | Same as above | One Leisure Huntingdon | Thurs 2-3pm | £3.80 pay as you go or block of 10 for £33 | As above |
| RightStart 3 | Strength and balance class (partly seated, partly standing. The chair is used for support when standing). | One Leisure St Ives | Mon 2-3pm | £3.80 pay as you go or block of 10 for £33 | As above |
| RightStart 3 | Same as above | One Leisure Ramsey | Tues 11:30-12:30 | £3.80 pay as you go or block of 10 for £33 | As above |
| RightStart 3 | Same as above | Hemingford Abbotts Village Hall | Tues 10:45-11:45 | £3.80 pay as you go or block of 10 for £33 | As above |
| RightStart 3 | Same as above | Trinity Church, Huntingdon | Weds 09:30-10:30 | £3.80 pay as you go or block of 10 for £33 | As above |
| RightStart 3 | Same as above | One Leisure St Neots | Weds 1-2pm | £3.80 pay as you go or block of 10 for £33 | As above |
| RightStart 3 | Same as above | Brampton Memorial Centre | Thurs 2-3pm | £3.80 pay as you go or block of 10 for £33 | As above |
| RightStart 3 | Same as above | Hemingford Grey Pavilion | Fri 3-4pm | FREE until 9th July, then £3.80 pay as you go or block of 10 for £33 | As above |
|  | If there is a need in Hunts for a fully seated class, this is something we would consider putting on |  |  |  | As above |
| RightStart Aqua | Improve strength, endurance and flexibility - all without putting excess pressure through the joints. | One Leisure Ramsey | Mon 10:30-11:30 | £3.80 pay as you go or block of 10 for £33 | As above |
| RightStart Aqua | Same as above | One Leisure Huntingdon | Weds 11:35-12:25 | £3.80 pay as you go or block of 10 for £33 | As above |
| RightStart Aqua | Same as above  | One Leisure St Ives | 12:05-12:45 | £3.80 pay as you go or block of 10 for £33 | As above |
| RightStart Aqua | Same as above | One Leisure St Neots | 09:00-10:00 | £3.80 pay as you go or block of 10 for £33 | As above |
| RightStart Stretch and Tone | A low impact, low intensity workout that will tone your muscles, increase your range of motion and flexibility, and help you to relieve stress | One Leisure St Neots | Tues 2-3pm | £3.80 pay as you go or block of 10 for £33 | As above |
| RightStart 4 (PSI) | A progressive falls-prevention class that includes strength, balance and postural stability work. | One Leisure Huntingdon | Tues 2-3pm |  | As above |
| RightStart 4 (PSI) | Same as above | One Leisure St Ives | Thurs 12-1pm |  | As above |
| RightStart 4 (PSI) | Same as above | One Leisure St Neots | Fri 2-3pm |  | As above |
| Exercise Referral Scheme | Helps referred patient to become more active and to manage their health condition through supported self-care. | One Leisure Centres; Huntingdon, St Neots, Ramsey, St Ives |  |  | <https://www.huntingdonshire.gov.uk/leisure/exercise-referral-scheme/>  |
| Health Walks | Enjoy the walk at your own pace, but with the added benefit of being in the company of other walkers and trained walk leaders | All around the district | Mon-Fri | FREE | <https://www.huntingdonshire.gov.uk/leisure/health-walks/>  |

**South Cambs**

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| Activity | Description | Where | When | Cost | More information |
| Health Walks | Enjoy the walk at your own pace, but with the added benefit of being in the company of other walkers and trained walk leaders | All around the district | Mon-Fri | FREE | Find a walk near you [Find your nearest health walk | Walking for Health](https://www.walkingforhealth.org.uk/walkfinder) |
| Return to fitness through Netball ( BMI26+) | Start your fitness journey with sessions that easy you into moving again focused around Netball  | Cambourne  | Tue 12:15pm – 1pm  | £12 | 6 weeks starting 14th SeptemberVisit SCDC website for registration |
| Exercise Referral Scheme | Helps referred patient to become more active and to manage their health condition through supported self-care. | Cambourne, Comberton, Impington, Melbourn, Swavesey, Sawston, Linton | Various |  | [Healthy Lifestyle services - South Cambs District Council (scambs.gov.uk)](https://www.scambs.gov.uk/community-safety-and-health/health-and-wellbeing/healthy-lifestyle-services/) |

**East Cambs**

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| Activity | Description | Where | When | Cost | More information |
| Wellbeing walks | Walks of varying pace and length in different locations across the district. | Various locations | Various days and times across the week. Email for detail | Free | Sophie.dalpra@eastcambs.gov.uk |
| C25K | Couch to 5k style running groups led by trained run leaders | LittleportSohamEly | Various days and times across the week. Email for detail | free | For more information contact: sophie.dalpra@eastcambs.gov.uk |
| Body Balance | A combination of standing and seated exercise using resistance bands | Fresh. Ely | Tuesday 12pm | Free | **Email****goodvibes@freshandwell.co.uk****Phone****07762 322 448** |
| Seated Exercise | Chair based exercise suitable for all abilities | Online and in person | Various classes across the week |  | Contact Bob Bragger for more details:bob.bragger@groups.mssociety.org.uk |
| Seated Exercise | Chair based exercise suitable for all abilities | Ellesmere Centre Stetchworth | TBC |  | Contact:01638 508212 |
| Walking Netball | A slower paced, gentler version of the game | Littleport Leisure | Wednesday 7-8pm | First session free then £4 a week | Sophie.dalpra@eastcambs.gov.uk |
| For general advice, signposting or for more information about leisure centre classes or gym sessions |  | Across the district |  |  | Sophie.dalpra@eastcambs.gov.uk |

**Cambridge City**

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| **Activity** | **Description** | **Where** | **When** | **Cost** |
| Walk before you run4-week online course[Walk Before You Run programme](https://getmovingcam.thinkific.com/courses/walk-before-you-run) | Designed to support you to improve your walking fitness before starting a beginners’ running programme | Complete the sessions at a place to suit you | Complete the sessions at a time to suit you | Free |
| SwimmingThere will be a swimming instructor on poolside to share tips and guidance on the first Friday of the month | **Ladies night at the Abbey**Female lifeguard where possible | Abbey Leisure Complex, Whitehill Road, CB5 8NT | Fridays 7.30 - 8.30pm | £4.70 per person for non-members£3.40 with a Better card£2.35 with a concessionary Better card |
| EXERCISE REFERRAL PROGRAMME | Tailor made 12-week programme of exercise designed for clients' individual needs with a Level 4 specialist instructorMeadows Community CentreNetherall Sports CentreMeadows Community CentreThe Abbey Pool and Leisure CentreHills Road Sports CentreChesterton Sports Centre  | * Abbey Leisure Complex
* Cherry Hinton Village Leisure centre
* Chesterton Sports Centre
* Hills Road Sports Centre –for men’s cancer rehabilitation & circuit classes for long term conditions only
* Long term Conditions Circuit class
* Netherhall Sports Centre
* Parkside pool & gym
* **conditioning circuit class** –
* Gym and contact startup@cambridge.gov.uk
* Tuesdays, 1.20 to 2.15pm at [Meadows Community Centre](https://www.cambridge.gov.uk/meadows-community-centre): **Long-term condition circuit** – contact heartbeatfitness@ntlworld.com
* Tuesdays, 4.30 to : **Cardiac Rehabilitation Phase IV class** – contact heartbeatfitness@ntlworld.com
* Tuesdays, 6.30 to 8pm at the Abbey Leisure Complex: **Cardiac Rehabilitation Phase IV class** – contact heartbeatfitness@ntlworld.com
* Thursdays, 10 to 11am at [Hills Road Sports Centre](https://www.hillsroadsportscentre.co.uk/): **Cancer rehabilitation for men** – contact heartbeatfitness@ntlworld.com
* Thursdays, 1 to 1.55pm **Long-term condition strength and balance** – contact heartbeatfitness@ntlworld.com
* Thursdays, 2 to 2.55pm at [Chesterton Sports Centre](https://chestertonsportscentre.co.uk/): **Long-term condition class** – contact heartbeatfitness@ntlworld.com
* Thursdays, 2.30 to 3.30pm at Chesterton Sports Centre: **Cardiac Rehabilitation Phase IV class** – contact stephendanieljames1@gmail.com
* Fridays, 1.05pm to 2pm at [Meadows Community Centre](https://www.cambridge.gov.uk/meadows-community-centre): **Long-term condition strength and balance** – contact heartbeatfitness@ntlworld.com
* Online prerecorded yoga class – available to access anytime at home, with a referral to the serviceOnline prerecorded pilates class – available to access anytime at home, with a referral to the service
 | [Exercise referral guidance [PDF, 2MB]](https://www.cambridge.gov.uk/media/3138/ex-ref-health-public-leaflet-2015-v4-hires.pdf)[How to join the exercise referral service: A patients’ guide [video]](https://www.youtube.com/watch?v=BNKwJbEK7f4)Times vary, clients should book this with the Exercise referral instructor.contact startup@cambridge.gov.uk | **Cost** £3 per session plus an initial assessment fee of £7.50 If you are registered at any of these surgeries you can currently access the service for free: Arbury Road East Barnwell Nuffield Road. |
| WELLBEING WALKS | Enjoy the walk at your own pace, but with the added benefit of being in the company of other walkers and trained walk leaders  | Find a walk near you [Find your nearest health walk | Walking for Health](https://www.walkingforhealth.org.uk/walkfinder) | **Leaves** from Christ’s Pieces10am on the fourth **Wednesday** of every month Nightingale Recreation Ground9.30am every other **Friday** in Eddington | £ Free |
| SPORT & FITNESS FOR PEOPLE OVER 50 | [Forever Active website](http://www.forever-active.org.uk/) | Throughout the city | Please refer to the Forever Active website to choose a session. |  |
|  WALKING FOOTBALL (beginners)  | <https://www.cuctrust.co.uk/wellbeing/walking-footbal>  | Indoors at Cherry Hinton Village Leisure Centre | Thursdays: 9.00-10.00am | £3 |
| MAN V FAT | [Man v Fat Football | Cambridge United Community Trust (cuctrust.co.uk)](https://www.cuctrust.co.uk/wellbeing/man-v-fat-football/) | Outdoors-On the AstroTurf at the Abbey Leisure Complex | 8pm: Wednesdays | Monthly subscription of £27.50 |

**Fenland**

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| Activity | Description | Where | When | Cost | More information |
| Strength and Balance | Chair-based exercises aimed at improving mobility, strength, stability and balance | St. Augustine’s Church Hall, Wisbech | Thursdays, 2-3pm | £2.50 session paid in full (12 weeks, £30) or half (6 week, £15) block | Email activefenlandbookings@fenland.gov.uk to book |
| Gentle Yoga | Slow yoga aimed at improving flexibility, strength, mobility and stamina. Beginner level. | The Oasis Centre, Wisbech | Tuesdays, 2.15-3.15pm | £2.50 session paid in full (12 weeks, £30) or half (6 week, £15) block | Same as above |
| General Yoga | Basic yoga aimed at improving muscular strength, muscular endurance, stability and mobility. | The Oasis Centre, Wisbech | Tuesdays, 1-2pm | £2.50 session paid in full (12 weeks, £30) or half (6 week, £15) block | Same as above |
| Beginner Yoga | Begin your journey into yoga mastery with this class which will help you develop your functional movements and improve your muscular strength and endurance, as well as your mobility and stability. | The Braza Club, March | Thursdays, 5-5.50pm | £2.50 session paid in full (12 weeks, £30) or half (6 week, £15) block | Same as above |
| Intermediate Yoga | Aimed at those who have grasped the basics of yoga, this class aims to further develop functional movement by improving strength, mobility, stability and muscular endurance. | The Braza Club, March | Thursdays, 6-6.50pm | £2.50 session paid in full (12 weeks, £30) or half (6 week, £15) block | Same as above |
| Walking Football | Same as above | Hudson Leisure Centre | Tuesdays, 9:30-11am | £2, paid on arrival | Same as above |
| Walking Football | Same as above | Hudson Leisure Centre, Wisbech | Fridays, 8-9pm | £2, paid on arrival | Same as above |
| No Strings Badminton (16+) | Aimed at beginners, come and have a go session for badminton | Hudson Leisure Centre, Wisbech | Mondays, 6-7pm | £2, paid on arrival | Same as above |
| No Strings Badminton (16+) | Intermediate session | Hudson Leisure Centre, Wisbech | Mondays, 7-8pm | £2, paid on arrival | Same as above |
| No Strings Badminton (16+) | Ladies’ session | Hudson Leisure Centre, Wisbech | Wednesdays, 6-7pm | £2, paid on arrival | Same as above |
| Forever Fit | Open to all | Hudson Leisure Centre, Wisbech | Tuesdays 11:30am-12:30pm | FREE | No need to book |
| Walking Netball | Open to all | Hudson Leisure Centre, Wisbech | Thursdays 9:30-10:30am | £2, Paid upon arrival | Same as above |
| Walking Netball | Open to all | Whittlesey Indoor Bowls Club | Wednesdays 9:30-10:30am | £3, Paid upon arrival | Same as above |