

WHAT'S ON

AT THE HEALTH RESOURCE CENTRE

www.healthworksnewcastle.org.uk/services/gyms

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Next Steps 10.30 to 11.30am	Women Only Gym 9am to 1pm	Next Steps 10.30 to 11.30am	Men Only Gym 8 to 9.00am	Women Only Gym 9am to 1pm
Cardiac Rehab* 1 to 4pm	Fitness Friendly 9.30 to 11am	Staying Steady* 12 to 3pm	Next Steps 10.30 to 11.30am	Step and Tone for Women 9.30 to 10.30am
Zumba 5.30 to 6.30pm	Escape Pain* 11.15 to 12.15pm	Zumba 5.45 to 6.45pm	Cardiac Rehab* 1 to 4pm	Yoga for Women 10.45 to 11.45am
	Next Steps 1.30 to 2.30pm		Fitness Friendly 5.30 to 6.30pm	Escape Pain* 2.30 to 3.30pm
	HC20 5.45 to 6.45pm			

All our exercise classes are individually priced, please ask at reception.
*Indicates classes requiring a referral, visit our website or call 272 4244

