

HEALTHWORKS HEALTH AND WELLBEING SESSIONS



Healthworks
the community health charity

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Next Steps
Time: 10.30am - 11:15am
Health Resource Centre

Keep Moving
Time 10:45am - 11:30am
The Lemington Centre

Staying Steady
Time 12:15pm - 1:15pm
The Lemington Centre

Staying Steady
Time 1:45pm - 2:45pm
The Lemington Centre

Zumba
Time 6pm - 7pm
Health Resource Centre

Staying Steady
Time 12:15pm - 1:15pm
Trinity Church Gosforth

Next Steps
Time 1pm - 1:45pm
Health Resource Centre

Staying Steady
Time 1:45pm - 2:45pm
Trinity Church Gosforth

Women's Only Gym
Time 1pm - 2pm
Health Resource Centre

Power Hour
Time 2pm - 3pm
Health Resource Centre

Drop-in for Health
Time 4:30pm - 6pm
Health Resource Centre

Next Steps
Time 10.30am - 11:15am
Health Resource Centre

Keep Moving
Time 12pm - 1pm
East End Pool

Staying Steady
Time 12:15pm - 1:15pm
Health Resource Centre

Staying Steady
Time 1:45pm - 2:45pm
Health Resource Centre

Weigh In & Lifestyle Advice
Time 5pm - 6pm
The Lemington Centre

Zumba
Time 6pm - 7pm
Health Resource Centre

Next Steps
Time 10:30am - 11:15am
Health Resource Centre

Staying Steady
Time 12:15pm - 1:15pm
East End Pool

Staying Steady
Time 1:45pm - 2:45pm
East End Pool

Yoga
Time 5:30pm - 6:30pm
Health Resource Centre

Women's Only Gym
Time 9am - 10am
Health Resource Centre

Yoga
Time 9:30am - 11am
The Lemington Centre

Women's Fitness Fusion
Time 10am - 10:45am
Health Resource Centre

GYM TIMES

Mon to Fri:
8am - 8pm

Sat:
9am - 1pm

All of our exercise classes are individually priced, please ask at reception or call us on 0191 272 4244.

To join our Gym please speak to one of the team, visit our website or call us on 0191 272 4244

www.healthworksnewcastle.org.uk