


Bat & Chat

A social table tennis session for older adults. Enjoy the game or learn how to play in a relaxed and friendly environment. This class is run in association with Red Neighbours. 

Tuesday 2.30pm - 3.30pm: £3

St Mary's Church Hall, 1 South Drive, L15 8JJ
Anfield Sports Centre, Lower Breck Road, L6 0AG






'I've discovered a strength I didn't know I had. Sue and her team are amazing - they know just when to push and when to give you a pat on the back!'

Shirley, Let's Get Healthy

'As a carer, this group has given me the confidence to know that I am doing the right things. I have met so many wonderful people from this group and we socialise outside the class and enjoy going on the walks. I have seen such a reduction of falls as my wife has improved her co-ordination through balance training with the group.'

Richard, Mossley Hill Class

EXERCISE GRADE KEY

-  1 Suitable for beginners, new and returning exercisers
-  2 Suitable for intermediate and more stable exercisers
-  3 Suitable for advanced exercisers

Would you like to get Stronger, Fitter and Healthier, whilst having fun with people your own age?

Healthiness is a 'not-for-profit' health and fitness provider based in Liverpool which aims to improve quality of life for older and vulnerable adults. We provide exercise and health education that is fun and adapted to your health concerns.

Ask about our Passport to Health loyalty scheme for your chance to receive FREE classes and enter our monthly prize draw.

For more information, please contact us:

-  (0151) 728 8874
-  info@healthinessltd.co.uk
-  www.healthinessltd.co.uk
-  @LivHealthiness
-  Healthiness Ltd



For more information on public transport options for getting to our classes, please contact:



www.traveline.info
(0151) 236 7676

Healthiness

Providing everyone with the opportunity to be healthy!



PROGRAMME AND TIMETABLE

ISSUE 11, 2019



Healthiness

List of Classes

Fun Fitness for All

Fun circuits and strength training class, specially adapted for all fitness levels. Including time for tea and socialising!

Monday 9.30am - 10.30am: £2.50 

St Mary's Church Hall, 1 South Drive, L15 8JJ


Tuesday 10.00am - 11.00am: £3  

Sanctuary, Upper Parliament Street, L8 7QL

N.B. please contact Sanctuary for attendance details



Chair-Based Fitness & Active Bingo

Fitness class with balance and strength training, adapted for adults with limited mobility and those at risk of falls. Class may be done seated or with the support of a chair. 

Tuesday 2.00pm - 3.00pm: £3

Kelton Park, Hillview, L17 0EQ



Thursday 12.00pm - 1.00pm: £2

Aintree Baptist Church, 96 Longmoor Lane, L9 0EH


Tuesday 3.15pm - 4.00pm: Free

Palm House, Sefton Park, L17 1AP

Once per month



Healthiness Social

Fun Fitness Class, nutritional education workshops with plenty of social time, tea, table tennis and pool. Now also including a Walking Football class! 

Monday 12.30pm - 2.30pm: £2.50-3.50

12.30pm - 1.00pm: Social Time

1.00pm - 2.00pm: Walking Football Class;


2.00pm - 2.30pm: Sports & Health Education

Lark Lane Community Centre,

Sefton Grove, L17 8XB



Walk for Health

Free outdoor walks around 45-60 minutes in length, ideal for everyone to improve their health and wellbeing. All walks are dementia friendly. 

Tuesday (Sefton Park) 10.00am - 11.00am: Free

Meeting point: Sefton Park, Lark Lane gate, L17 8XB

Thursday (Sefton Park) 11.00am - 12.00pm: Free

Meeting point: Mossley Hill Hospital

Reception, Park Avenue, L18 8BU



50+ Let's Get Healthy Hubs

A variety of exercise sessions for over 50s with health education, time for tea and coffee and socialising.

Wednesday 9.30am - 12.30pm: £2.50-3.50  

9.30am: Boxercise & Circuits Classes

10.30am: Health Education Session

11.30am: Boxercise & Circuits Classes

Lark Lane Community Centre, Sefton Grove, L17 8XB

Friday 9.30am - 12.30pm: £2.50-3.50  

9.30am: Dance & Tone Class;

10.30am: Pure Tone Class;

11.30am: Core & Stretch Class

Lark Lane Community Centre, Sefton Grove, L17 8XB

Cycle for Health

Social cycling group including refreshments. A great way to meet new people and improve your health. Bicycle hire available but places are limited - please contact us first to avoid disappointment.

Tuesday 1.00pm - 3.00pm: £2 

Broadgreen Hospital, Thomas Drive, L14 3LB

Wednesday 12.30pm - 3.00pm: £5 

Monthly long ride including refreshments

Mossley Hill Hospital, Park Avenue, L18 8BU

One Wednesday per month

Thursday 1.30pm - 3.30pm: £2 

Croxtheth Hall & Country Park, L11 1EH



Healthy Brain Active Body

Postural stability exercise classes specially tailored for people living with dementia, their carers and those at risk of dementia in the future.



Monday (Memory Fit): 2.00pm - 3.30pm: £2.50  

Lark Lane Community Centre, Sefton Grove, L17 8XB

Wednesday (Better Balance): 1.30pm - 3.30pm: £2.50

Mossley Hill Hospital, Park Avenue, L18 8BU 

Couch to 5K

10 week running programmes designed for absolute beginners to get into running. Please register via EventBrite at: [tinyurl.com/healthinesscouch25k](https://www.eventbrite.com/healthinesscouch25k), our HulaHub page or by telephone.

Next start date: 12th Feb. 2020



Wednesdays 5.30pm - 6.30pm:

£10 for 10 weeks

From 12th Feb.: Venue TBC (South Liverpool)



ESCAPE-Pain

A rehabilitation programme for people with chronic arthritic joint pain, integrating an exercise regimen with educational self-management and coping strategies. Each programme runs for **six weeks and consists of twice-weekly classes**. £25 for the course.

South Liverpool Sessions Starts 20th Jan. 2020

Monday & Wednesday 1.00 - 2.30pm

Lark Lane Community Centre, Sefton Grove, L17 8XB

North Liverpool Sessions Starts 21st Jan. 2020

Tuesday 1.00 - 2.30pm & Thursday 2.00 - 3.30pm

Anfield Sports Centre, Lower Breck Road, L6 0AG



More new classes starting soon! Please check our website for the latest details.