




## Do you want 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 that aims to improve quality of life for older and vulnerable adults in the community. 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.



### EXERCISE GRADE KEY

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



For more information, please contact Healthiness Ltd:

-  (0151) 728 8874
-  [info@healthinessltd.co.uk](mailto:info@healthinessltd.co.uk)
-  [www.healthinessltd.co.uk](http://www.healthinessltd.co.uk)
-  Healthiness Ltd  
Healthiness Ltd Boot Camps
-  @LivHealthiness



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



[www.traveline.info](http://www.traveline.info)  
(0151) 236 7676



Providing everyone with the opportunity to be healthy!



### PROGRAMME AND TIMETABLE

2017 ISSUE 8




# 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** 

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


**Tuesday 10.00am - 11.00am: £2**  

Sanctuary, Upper Parliament Street, L8 7QL

N.B. please contact Sanctuary for attendance details



### 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. 

**Monday 10.30am - 11.30am: Free**

Includes tea or coffee from the Reader Café after the walk

Meeting point: Calderstones Park public car park,

L18 8HZ

**Tuesday 10.00am - 11.00am: Free**


Meeting point: Sefton Park's Lark Lane entrance, L17 8XB

**Thursday 11.00am - 12.00pm: Free**

Meeting point: Mossley Hill Hospital, Park Ave., L18 8BU



### HEALTHINESS SOCIAL

Fun Fitness Class, nutritional education workshops with plenty of social time, tea, table tennis and pool. 

**Monday 12.30am - 3.30pm: £3**

12.30pm - 1.00pm: Social Time


1.00pm - 2.00pm: Fun Fitness Class; 2.00pm - 3.30pm:

Sports & Health Education

Lark Lane Community Centre, Sefton Grove, L17 8XB



### BETTER BALANCE CHAIR-BASED FITNESS

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 1.00pm - 2.00pm: £3 (not school holidays)**

Kensington Fields Community Centre, Low Hill, L7 8TQ

**Thursday 10.00am - 11.00am: £2**

Alman Court, Bryanston Road, L17 7AL

**Thursday 11.30am - 12.30pm: £2**



Lime Hub, Upper Baker Street, L6 1NB

**Friday 12.00pm - 1.00pm: £3**

Cobden Place, Vale Road, L25 7UB



### 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: £2-3**

9.30am & 11.30am: Boxercise & Circuits Classes

10.30am: Health Education Session

Lark Lane Community Centre, Sefton Grove,

L17 8XB

**Friday 9.30am - 12.30pm: £2-3**

9.30am: Dance Class


10.30am: Dance & Tone Class

11.30am: Pure Stretch

Lark Lane Community Centre, Sefton Grove, L17 8XB



### CYCLE FOR HEALTH

Social cycling group including free refreshments. A great way to meet new people and improve your health. Bicycle hire available but places are limited - if you would like to hire a bike, please contact us first to avoid disappointment. 

**Tuesday 1.00pm - 3.00pm: Free**

Broadgreen Hospital, Thomas Drive, L14 3LB



### 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.




**Memory Fit: Monday 2.00pm - 3.30pm: £2**  

Lark Lane Community Centre, Sefton Grove, L17 8XB

**Better Balance: Wednesday 1.30pm - 3.30pm: £2** 

Mossley Hill Hospital, Park Avenue, L18 8BU

### BOCCIA

A fun adapted bowls game suitable for players with limited mobility and wheelchair users. 

**Wednesday 11.00am - 12.00pm: £2**

Lime Hub, Upper Baker Street, L6 1NB

**Wednesday 11.45am - 12.45am: £3 (not school holidays)**

Edge Hill Y. & C. Centre, Durning Road, L7 5ND



### COUCH TO 5K

10 week running programmes designed for absolute beginners to get into running. Please contact us for details including the next start date.  


**Wednesdays 5.30pm - 6.30pm: £10 for 10 weeks**

Sefton Park (By Palm House), L17 1AL (summer)

Otterspool Promenade, L17 5AL (winter)



### BOOT CAMP

No matter what your goal is, we can help you achieve it. Boot Camps without the 'boot!' 

**Monday, Wednesday & Thursday 6.30pm - 7.30pm**



Memberships per session, week or month

Sefton Park (By Palm House), L17 1AL (Wed. & Thu.)

Lark Lane Community Centre, L17 8XB (Mondays)