




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**
-  **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
(0151) 236 7676



Providing everyone with the opportunity to be healthy!




PROGRAMME AND TIMETABLE

MARCH 2017




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

Tuesday 10.00am - 12.00pm: Free   


Action on Addiction, 17 Rodney Street, L1 9EF

Thursday 1.00pm - 2.00pm: £2 

Crown Street Hub, Crown Street, L7 3LZ



HEALTH WALK

Free outdoor walks, ideal for everyone to improve their health and wellbeing. All walks are dementia friendly. 

Monday 10.30am - 11.30am: Free

Meeting point: Calderstones Park public car park, L18 8HZ

Tuesday 10.00am - 11.00am: Free


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

Thursday 11.00am - 12.00pm: Free

Meeting point: Mossley Hill Hospital reception, L18 8BU



HEALTHINESS SOCIAL

Fun circuits, strength training and multi circuits classes, nutritional education workshops with plenty of social time, tea, table tennis and pool. 

Monday 12.30am - 3.30pm: £2

12.30pm - 1.00pm: Social Time


1.00pm - 2.00pm: Fun Fitness Class

2.00pm - 3.30pm: Social Time, 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. 

First Monday of the month 2.30pm - 3.30pm: Free

Rex Cohen Court, Lathbury Lane, L17 1AB

Tuesday 1.00pm - 2.00pm: £2

Kensington Fields Community Centre, Low Hill, L7 8TQ

Wednesday 11.45am - 12.45am: £2

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

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: £2

Cobden Place, Vale Road, L25 7UB





50+ LET'S GET HEALTHY HUBS




A variety of exercise sessions with optional social time!

Monday 10.00am - 12.00pm: £2  

Garston Urban Village Hall, Banks Road, L19 8JZ

Tuesday 1.00pm - 3.00pm: £2  

St Andrews Church Hall, Adshead Road, L13 0AL




Wednesday 9.30am - 1.30pm: £2-3   

9.30am & 11.30am: Boxercise & Circuits

10.30am: Health Education Workshop

12.30pm: Walking Netball

Lark Lane Community Centre, Sefton Grove, L17 8XB

Friday 9.30am - 12.30pm: £2-3   

9.30am & 10.30am: Dance & Tone

11.30am: Pure Stretch

Lark Lane Community Centre, Sefton Grove, L17 8XB



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 - 3.00pm: £2  

Lark Lane Community Centre, Sefton Grove, L17 8XB


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

Mossley Hill Hospital, Park Avenue, L18 8BU

Better Balance: Tuesday 10.00am - 11.00pm: Free 

Shifrin House, 433 Smithdown Road, L15 3JL

BOCCIA

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

Tuesday 11.30am - 12.15pm: Free

Sedgemoor Hub, 30 Sedgemoor Road, L11 3BR

Last Tuesday of the month 2.30pm - 3.30pm: Free

Rex Cohen Court, Lathbury Lane, L17 1AB

Wednesday 11.00am - 12.00pm: £2


Lime Hub, Upper Baker Street, L6 1NB

Thursday 2.30pm - 4.00pm: £2

Mpower, MPAC Building, Bridport Street, L3 5QF



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

Lark Lane Community Centre, Sefton Grove, L17 8XB

Memberships per session, week of month

Concessional rate available

Sefton Park (By Palm House), L17 1AL

Lark Lane Community Centre, L17 8XB (Mondays)

