

Gentle exercise sessions for people living with long term health conditions.

Day	Time	Venue	Where
Monday	11am-12pm	Rochdale Leisure Centre	Activity Gym
Monday	1.30pm-2.30pm	Middleton Arena	Dance Studio
Tuesday	11am-12pm	Heywood Sports Village	Sports Hall
Wednesday	2.30pm-3.30pm	Rochdale Leisure Centre	Dance Studio
Thursday	10am-11am	Middleton Arena	Sports Hall
Thursday	10.30am-11.30am	Heywood Sports Village	Sports Hall
Friday	11am-12pm	Rochdale Leisure Centre	Sports Hall
Friday	11am-12pm	Littleborough Sports Centre	Meeting Room / Small Hall

Water, Tea and Coffee available after each session (except Littleborough Sports Centre).  
Blood pressure checks, health, fitness and nutrition advice available on request.

**For further information, please contact:**

Paul Gardner  
Health Activities Officer

Tel: 01706 926235 | Mobile: 07890250655

**£2.50\***  
per session for  
non-members

**FREE**  
to fitness members

**Dementia  
friendly**



IN PARTNERSHIP WITH  
**ROCHDALE**  
BOROUGH COUNCIL