

WEEKLY TIMETABLE

Classes available to suit all levels of fitness from starter level 1 and 2 to the more advanced level 3 classes.

Monday	Tuesday	Wednesday	Thursday	Friday
Gentle Exercise (3) 11am-12pm Rochdale Leisure Centre	Walking Football 10am-11.30am Littleborough Sports Centre	Gentle Exercise (2) 10am-11am Heywood Sports Village	Walking Football 9am-10am Rochdale Leisure Centre	Walking Football 10am-11.30am Littleborough Sports Centre
Gentle Exercise (2) 1.30pm-2.30pm Middleton Arena	LEEP (COPD) Class 10.30am-11.30am (Full) Castleton Community Centre	Gentle Exercise (1) 2pm-3pm Heywood Sports Village	Walking Football 10am-11am Rochdale Leisure Centre	Gentle Exercise (3) 11am-12pm Rochdale Leisure Centre
Gentle Exercise (2) 2pm-3pm (Full) Heywood Sports Village	Gentle Exercise (3) 11am-12pm Heywood Sports Village	Gentle Exercise (2) 2.30pm-3.30pm (Full) Rochdale Leisure Centre	Gentle Exercise (3) 10.15am-11.15am Middleton Arena	Gentle Exercise (2) 1pm-2pm Middleton Arena
Balance Ball 2.30pm-3.30pm Rochdale Leisure Centre	Gentle Exercise (2) 2pm-3pm Middleton Arena		Gentle Exercise (3) 10.30am-11.30am Heywood Sports Village	Gentle Exercise (2) 2pm-3pm Rochdale Leisure Centre
	Gentle Exercise (2) 2.30pm-3.30pm Rochdale Leisure Centre		Gentle Exercise (2) 1pm-2pm (Full) Littleborough Sports Centre	CONGA 3pm-4pm Rochdale Leisure Centre
	Gentle Exercise (2) 2.30pm-3.30pm Heywood Sports Village		Gentle Exercise (2) 1.30pm-2.30pm Rochdale Leisure Centre	
	Aqua Relax 3pm-3.45pm Heywood Sports Village		Gentle Exercise (1) 3pm-4pm (Full) Rochdale Leisure Centre	
	Gentle Exercise (1) 3.30pm-4.30pm (Full) Middleton Arena		Balance Ball 3pm-4pm Rochdale Leisure Centre	
	Back Care Yoga 4pm-4.45pm Rochdale Leisure Centre			

Gentle Exercise

Walking Football

Back Care Yoga

CONGA

Balance Ball

Aqua Relax

LEEP (COPD)

Check the website for updates.

Please contact Paul Gardner, Programme Manager Health & Wellbeing
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