

**Call Sarah Clifton-Gould for details – 01285 623450  
Cotswold District Council**

**Please note : Classes do not run on Bank Holidays  
ALL CLASSES ARE PART OF OUR 'ACTIVE  
LIFESTYLES' SCHEME (EXERCISE ON  
PRESCRIPTION)**

<b>Active and Able - Falls Prevention classes</b>				
<b>Day</b>	<b>Class</b>	<b>Venue</b>	<b>Time</b>	<b>Instructor</b>
Monday	Postural Stability	Ashcroft Church, Cirencester	11.15am – 12.15pm	Jaki
Tuesday	Postural Stability	Market Close off Roman Way - BoW	10.45am – 11.45am	Jaki
Thursday	Postural Stability	Moreton Area Centre, Moreton in Marsh	11.15am – 12.15pm	Jaki
Thursday	Tai Chi Chi Kung	Moreton Area Centre, Moreton in Marsh	12.30 – 1.30pm	Jaki
Friday	Postural Stability	Stow Baptist Church	10.00am – 11.00am	Jaki
Friday	Tai Chi Chi Kung	Stow Baptist Church	11.15am – 12.15am	Jaki

<b>Respiratory Exercise Class (COPD, severe Asthma)</b>				
<b>Day</b>	<b>Class</b>	<b>Venue</b>	<b>Time</b>	<b>Instructor</b>
Tuesday	Respiratory Class (COPD, etc)	Fairford Comm. Centre	10.30am – 11.30am	Sarah
Wednesday (bar 2 <sup>nd</sup> week of the month)	Respiratory Class (COPD, etc)	Baptist Church Hall, Bourton on the Water	10.30am – 11.30pm	Tracy

<b>Phase IV Cardiac Rehab Class – Post Cardiac Event and for those with high risk of CHD.</b>				
<b>Day</b>	<b>Class</b>	<b>Venue</b>	<b>Time</b>	<b>Instructor</b>
Monday	Phase IV Cardiac Rehab - Circuits	Baptist Church Hall, Bourton on the Water	2.30pm – 4.00pm	Whitney
Tuesday	Phase IV	Cotswold	1.30pm –	Sarah

	<b>Cardiac Rehab - Gym</b>	<b>Leisure Cirencester</b>	<b>3.00pm</b>	
<b>Thursday</b>	<b>Phase IV Cardiac Rehab – Gym</b>	<b>Cotswold Leisure Cirencester</b>	<b>4.30pm – 6.00pm</b>	<b>Sarah Paid in blocks of 12 weeks at £52.50</b>

<b>Active Fun &amp; Fitness – Low Impact Aerobic class</b>				
<b>Day</b>	<b>Class</b>	<b>Venue</b>	<b>Time</b>	<b>Instructor</b>
<b>Monday</b>	<b>Circuits</b>	<b>The Hall of Friendship, Weston-sub-Edge</b>	<b>4.00pm – 5.00pm</b>	<b>Danny</b>
<b>Tuesday</b>	<b>Movement to Music</b>	<b>Westwoods Centre, Northleach</b>	<b>9.30am – 10.30am.</b>	<b>Jaki</b>

**Please call Sarah Clifton-Gould – 01285 623450 for further details.**

**Prices for 2013/14**

**Classes - £4 per session per person**

**Active Lifestyle scheme - £40 for 3 month AL membership, a scheme to encourage people to exercise independantly with regular, specialist advice and exercise programming. The Active Lifestyle scheme is referral only (by participating Health Professionals).**

**Cirencester Phase IV Cardiac Rehab class is paid in 12 week blocks at £52.50 and the class runs in the Gym at Cirencester Leisure Centre.**

**All classes may receive self referrals, but referral forms will be requested by the instructor if the participant is living with a health condition.**

**Many thanks.**