

Exercise Referral

YMCA EAST SURREY

Session timetable (From 16 July 2024)

MONDAYS

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|-------------|-----------------------------|---------------|---------|---|
| 10:00-12:00 | Wellbeing Gym | Gym | Carmel | Open gym session for approved exercise referral members with stable medical conditions. |
| 11:15-12:00 | Seated Exercise | Activity Room | Stephen | Class for approved exercise referral members with mobility restrictions and stable medical conditions. |
| 12:00-13:00 | Cardic Rehab | Gym | Simone | Cardic Rehabilitation Phase IV 12 week programme. This class is invite only. A specialist cardiac instructor is available at this session. |
| 12:30-13:30 | Strength and Balance | ISF Hall | John | Exercise referral members that wish to improve strength and balance. By referral from the ER team only. A specialist instructor is available at this session. |
| 13:30-14:30 | Breathe Easy | Gym | Simone | Open gym session for exercise referral members with COPD or breathing-related medical conditions. A specialist instructor is available at this session. |
| 14:00-15:00 | Online Wellbeing | Zoom | John | Online class open to all exercise referral members. A specialist instructor is present at this session. |
| 15:15-16:15 | Short Mat Bowls | Sports Hall | N/A | Open class, all members welcome. Members with a medical referral are advised to contact the ER team before attending. |

TUESDAYS

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|-------------|------------------------|----------|---------|---|
| 10:00-11:00 | Cardiac Rehab | Gym | Liz | Gym session for exercise referral members with cardiac conditions. A specialist cardiac instructor is available at this session. |
| 11:00-12:00 | Wellbeing Gym | Gym | Stephen | Open gym session for approved exercise referral members with stable medical conditions. |
| 11:15-12:00 | Seated Exercise | ISF Hall | Liz | A seated exercise class for exercise referral members with mobility restrictions. A specialist instructor is available at this class. |
| 12:00-13:00 | MS Gym | Gym | Liz | Open gym session for exercise referral members with MS and other neurological conditions. A specialist MS instructor is present at this session. |

WEDNESDAYS

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|-------------|--------------------------|----------|--------|--|
| 10:00-12:00 | Wellbeing Gym | Gym | Simone | Open gym session for exercise referral members. A specialist instructor is available at this session. |
| 12:30-13:30 | Online Wellbeing | Online | John | Online class open to all exercise referral members. A specialist instructor is present at this session. |
| 12:30-13:30 | Let's Keep Moving | ISF Hall | Carmel | Open to exercise referral members with low risk, stable conditions. Those with mobility issues are welcome as exercises can be adapted or substituted as needed, and chairs are available. The class is split between group resistance training in the hall and time in the gym. |

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THURSDAYS

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|---------------|---------------------------------------|-------------|-------|--|
| 10:30-11:15 | Tai Chi | ISF Hall | Russ | Open class. Open to general members or exercise referral members with stable medical conditions and approved by the ER team. |
| 11:00-12:00 | Strength & Balance | Sovereign | John | Exercise referral members that wish to improve strength and balance. By referral from the ER team only. A specialist instructor is available at this session. |
| 11:30-13:00 | Pickleball | Sports Hall | Liz | Pickleball is a fun sport that combines elements of badminton, tennis, and table tennis. Played on a badminton-sized court and a slightly modified tennis net. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, over a net. By approval from the ER team only. |
| 13:30-14:30 | Otago | ISF Hall | Diana | Exercise referral members that wish to improve strength and balance in the lower body. By referral from the ER team only. A specialist instructor is available at this session. |
| 13.30 - 14.30 | Postural Stability Instruction | ISF Hall | Liz | This class follows on from the Otago class, and it also has a focus on fall prevention and building strength and balance. It aims to help members increase their level of exercise gradually, maintain independence, build confidence, have a reduced fear of falling and get up off the floor if a fall occurs. By referral from the ER team only. |
| 13:30-14:30 | Structured Wellbeing Gym | Gym | Russ | Gym session open to all ER members. Attendees can either follow the programme they have been given or take part in a structured group session. |
| 14:30-15:30 | Stroke Rehab | Gym | Liz | Gym session for exercise referral members that are recovering from a stroke. A specialist stroke instructor is present at this session. |

FRIDAYS

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|-----------------------------------|-------------------------|----------|--------|---|
| 10:00-12:00 | Wellbeing Gym | Gym | Carmel | Open gym session for Exercise referral members with stable conditions and approved by the ER team. |
| 10:15-11:15 | Walking Football | ISF Hall | Russ | Open class, all members welcome. Members with a medical referral are advised to contact the ER team before attending. |
| 10:45-11:45 | Online Wellbeing | Zoom | John | Online class open to all exercise referral members. A specialist instructor is present at this session. |
| 12:30-13:30 | Parkinson's | Gym | John | A 12 week course specifically designed for people with Parkinson's. By referral from the ER team only. |
| 12:45-13:40 and 13:45-14:40 | Re:Vive | ISF Hall | Amy T | A circuit based class for those that have, or are recovering from cancer. Exercises are adapted to suit individual needs. By referral from ER team only. A specialist cancer instructor is available at this class. |
| 13:30-14:30 | Cardic Rehab | Gym | Simone | Cardiac Rehabilitation Phase IV 12 week programme. This class is invite only. A specialist cardiac instructor is available at this session. |

If you would like to attend a Zoom class please email Carmel Dalby

E carmel.dalby@ymcaeast Surrey.org.uk to receive details.

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