Physical inactivity is one of the risk factors for Coronary Artery Disease. Increasing the amount of aerobic exercise

you take can help to manage your condition as well as improve your fitness levels.

When you leave the Phase III cardiac rehabilitation programme it can be challenging to keep up the motivation to exercise regularly. Attending a regular exercise session can help you improve your fitness, keep up your motivation levels as well as allowing you to meet other people.

**CHELTENHAM**

**Exercise Classes**

**Monday 9:45am – 10:45am and 11:15am - 12:15pm** Instructor: **Trish Tenn**

Highbury Church Hall, Oxford Street Contact: **07956 466617**

**Tuesday 6pm – 7pm** The Reddings Community Centre, The Reddings <http://seniorsfitness.co.uk>

**Thursday 9:45 and 11:15** St. Margaret’s Hall, Hatherley

**Thursday** **2.30pm – 3.30pm** Highbury Church Hall, Oxford Street

**£15 joining fee on pro rata basis. £3 per session. Partners welcome to exercise. Adapted circuits to suit all abilities. First class no charge.**

**Gym Session (Induction necessary prior to use)** Leisure @ Cheltenham, Tommy Taylors Lane

Mon-Fri: 6:30am – 9pm

Sat and Sun: 8am – 6pm

**£8 joining fee (entitling discounts on all other activities)**

 Contact: **01242 528764**

**Friday Gym Session** 11:30am-12:30pm

Leisure @ Cheltenham, Tommy Taylors Lane

**£3.80 per session. Adapted circuit class to suit all abilities.**

**For information about our gym based Phase IV class (Wednesday 11am-12pm) please contact the centre directly**

Please contact David Rawlings (Exercise Referral Specialist) on 01242 387424 or email david.rawlings@cheltenhamtrust.org.uk for more information and to book your first class. Office hours are Monday, Wednesday and Friday 9am-4pm. On other days please contact Faiz Bankole on 01242 387417 or email: faiz.bankole@cheltenhamtrust.org.uk

**TEWKESBURY**

**Exercise Class**

**Thursday 2.30-4.30pm**

Wheatpieces Community Centre, Columbine Rd, Walton Cardiff Instructor: Gordon Best

 Contact: Jim Milne 01684 772437

**GLOUCESTER**

**Exercise Classes**

**Tuesday** 9:45am -11am Instructor: **Eve Scarle**

**Wednesday** 9:45am -11am Instructor: **Whitney Moses**

**Thursday** 9.45am -11am Instructor: **Abbie Jolliffe**

Oxstalls Campus, Contact: **Email-** **rehab@glos.ac.uk**

University of Gloucestershire,

**Cost £2.50. Partners welcome to exercise.**

**Exercise Class**

**Thursday** 5:15pm - 6:20pm Instructor: **Whitney Moses**

Severn Vale School, Quedgeley Contact: Quedgeley Health and Fitness Club

**Cost £2.50. Partners welcome to exercise.** **01452 720044**

**Tuesday** (except 3rd Tuesday of the month) 3.15-4.30pm Contact: **Pearl Stokes 01452 712058**

Churchdown Community Centre, Parton Rd, GL3 2JH pearl.stokes@virginmedia.com

**Cost £3** (includes tea/coffee)

**COTSWOLDS**

**Exercise Classes**

**Wednesday** **11:45 -13:15** Bourton Leisure Centre, Bourton on the Water Instructor: **Whitney Moses**

**Cost £4.60. Partners welcome to exercise.** Contact:**David Durston 01285 654057**

**Wednesday 11:00-12:00** Cirencester Rugby Club,

**Cost £6. Partners welcome to exercise. Seated exercise available**

**One–to–One Cardiac Rehabilitation £45 per session**

Instructor: **Denise Nethercott**

 Contact: **Denise** **07909 874 186**

 d.nethercott@btinternet.com

**Gym Session**

**Tuesday 1.30pm - 3:00pm** Instructor: **Sarah Clifton-Gould**

**Thursday 4.15pm – 5.45pm** Contact: **01285 654057/623450**

Cirencester Leisure Centre, Everyone Active sarah.cliftongould@cotswold.gov.uk

Block payment scheme - 12 weeks for £52.50 – 2 sessions per week.

**Personal Training**

**5 days a week 8:00am – 6:00pm** Instructor: **Tim Bird**

Various facilities Contact: **01285 656986/07794 614926**

The Whiteway, Cirencester [www.falconhealthandfitness.co.uk](http://www.falconhealthandfitness.co.uk)

**Free initial consultation** **timbird@falconhealthandfitness.co.uk**

**£40 for 1 hour one to one session**

**£55 for 1 hour joint session**

**Small group sessions (up to a maximum of 6 people) £60 for a block of 8 sessions**

**STROUD**

**Exercise Classes**

**Monday** **9:30am -10:30am** Instructor: **Whitney Moses**

Whitney.phaseiv@gmail.com

 **Contact: Hannah.Drew@stroud.gov.uk**

**Monday (Gym session 1pm-2pm**) and **Monday Exercise class 2.15-3.15pm**

 **Contact:** **Hannah.Drew@stroud.gov.uk**

 Instructor: Martha Watkins

**Martha.Watkins@stroud.gov.uk**

  **Contact:** **Hannah.Drew@stroud.gov.uk**

**Thursday** **11:30am-12.30pm** Instructor: **Whitney Moses** whitney.phaseiv@gmail.com

(All at Stratford Park Leisure Centre )

**Wednesday** **2.30pm – 3.30pm**  Instructor: **Nicky Cull**

The Pulse, Dursley Contact:**Nicky** **Cull 07977 121084**

**Cost £3.20 Partners welcome to exercise. Seated exercise if required.**

**FOREST OF DEAN**

**Exercise Classes**

**Tuesday 1.30pm Yorkley Community Centre** Instructor: **Vickie Head**

**Wednesday 10.00am – 11.15am Mitcheldean Community Centre.** Instructor: **Vickie Head**

**Tuesday’s 10:00am -11:15am Blakeney Village Hall**  Instructor: **Vickie Head**

Contact: **Gary Deighton**

**Referral Scheme Coordinator**

**01594 812447** / **812399**(for allclasses)

 All classes: £3.50. £15 Initial joining fee (this does include two free sessions).