



Our 'Wellbeing' classes are a great way for you to maintain general health into your later years. These classes will aid functional living and can help with your posture and flexibility.

Sit & Stand

Adapted chair based - Exercise for those who have restricted mobility or who may have balance issues and require a walking aid. The intensity of this class is very low so this makes it also suitable for those with breathing difficulties.

Balance & Strength

This circuit class includes Mobility, Balance and Strength exercises suitable for a range of mobility levels. These type of exercises make it suitable for those who are mobile, with or without walking aid but may have difficulty carrying out daily activities.

Social Circuits / Aerobics

A fun and friendly exercise class for those who wish to keep active and maintain general health into later life. Suitable for those who are mobile and have little difficulty with daily duties.

Social Aqua Circuits

A gentle exercise class in the water to help with Mobility, Strength and Balance. Great for those who wish to make the first step in being active.

Stride for Life Health Walks

Our Stride For Life walks are led by walk leaders and take place in your local community. These walks are a great way to participate in a physical activity and last no more than 1 hour.

Aquafit

Water based exercise class using the resistance of the water. This class includes the basic elements of swimming and is of a medium intensity.

Macmillan Move More - The Macmillan Move More Perth and Kinross programme is open to anyone who has been affected by/living with cancer. For more information on how the programme works please contact Declan or Kenny on 01738 454651 or email: movemorep&k@liveactive.co.uk



Perth City

Wellbeing Class Programme January - June 2019

Make the First Move....

For more information on making the first move
please contact our Wellbeing Team on 01738 454629

Live Active Leisure
Hay Street
Perth PH1 5HS
01738 454600





Live Active Leisure offer a full range of Wellbeing Classes suitable for all!

Monday

09:30 - 10:00
Social Aqua Circuits
(Perth Leisure Pool)

10:00 - 11:00
Social Circuits
(Tulloch Community Centre)

10:55 - 11:55
Social Aerobics
(Live Active Rodney)

12:00 - 13:00
Walking Football
(Bell's Sports Centre)

13:00 - 13:30
Aquafit
(Perth Leisure Pool)

15:00 - 16:00
Social Circuits
(Live Active Rodney)

Tuesday

10:00 - 11:00
Social Circuits
(North Muirton
Community Centre)

10:15 - 11:00
Social Circuits
(The Wheel Inn, Scone)

11:00 - 12:00
Stride for Life Walk *
(Moncrieff Church hall)

12:30 - 13:30
Stride for Life Walk
(men only)
(Bell's Sports Centre)

13:05 - 13:50
Balance & Strength
(Live Active Rodney)

13:30 - 14:15
Social Circuits
(Bell's Sports Centre)

* Every 2nd Tuesday there is an away walk. Please phone 01738 454628 for further details.

Wednesday

09:30 - 10:30
Social Circuits
(Tulloch Community Centre)

10:00 - 11:00
Balance & Strength
(Tulloch Community Centre)

11:00 - 12:00
Social Circuits (gym)
(Perth Leisure Pool)

11:30 - 12:30
Stride for Life Walk
(women only)
(Bell's Sports Centre)

13:00 - 13:45
Sit & Stand
(Tulloch Community Centre)

13:00 - 13:30
Aquafit
(Perth Leisure Pool)

13:30 - 14:30
Stride For Life Walk
(Riverside Church,
North Muirton)

14:00 - 15:00
Walking Football
(Scone Ball Park)

Thursday

09:30 - 10:30
Social Circuits
(North Muirton
Community Centre)

13:05 - 13:50
Balance & Strength
(Live Active Rodney)

13:30 - 14:15
Social Circuits
(Bell's Sports Centre)

Friday

09:30 - 10:00
Social Aqua Circuits
(Perth Leisure Pool)

10:00 - 11:00
Social Aerobics
(North Muirton
Community Hall)

10:15 - 11:15
Stride For Life Walk **
(Perth Baptist Church,
Western Edge)

10:55 - 11:55
Social Circuits
(Live Active Rodney)

** Please note these walks are the 1st and 3rd Friday of every month

Information

Live Active Venue
Telephone Numbers:
- Bell's Sports Centre
• 01738 454647
- Perth Leisure Pool
• 01738 454654
- Live Active Rodney
• 01738 454630
- Stride for Life Walks
• 01738 454628

For information on any of the classes that take place in a Community Centre please Tel 01738 454649
All Stride for Life Walks are FREE.

Class descriptions can be found on the back page of this leaflet.

- Wear comfortable clothing and soft shoes to classes.

- Bring plenty of water.

- If you require support your carer goes free.

All Ability Cycling

A cycling programme designed to help people who enjoy cycling but who are possibly limited with their balance, confidence or sight.

For more information on the programme please contact Kirsty on:
01738 454650
or email:
keadie@liveactive.co.uk

Do you feel you need even more guidance or support?

Did you know you can be referred to Live Active's activity referral programme via a Health care professional (GP, Physio, Nurse etc etc)?
Once referred you will receive a personal 1 to 1 consultation to discuss your needs and goals and be signposted to an appropriate exercise referral classes to complete a 12 week programme. Please contact Paul Anderson on 01738 454660 for further information.