

# Macmillan Move More Sessions

## with Live Active Leisure



## Sessions in Perth

Day	Time	Where	Class Type	Additional Information
Monday	11:00	Macmillan Cornhill Centre	Circuits	A mix of exercises suitable for everyone.
Monday	12:30	Macmillan Cornhill Centre	Gentle Movement	A mix of Tia chi and Chi Gong.
Monday	13:00	Perth Leisure Pool	Gym Class	A tailored programme specific to individuals
Tuesday	10:30	Perth Leisure Pool	Gym Class	A tailored programme specific to individuals
Tuesday	11:00	Moncrieff Church Hall - Craigie	Stride for Life	Meet at Moncrieff Church Hall
Wednesday	13:30	Riverside Church, Bute Drive	Stride for Life	North Muirton walk
Thursday	10:30	Bankfoot	Stride for Life	Meet at Bankfoot Church Centre
Friday	09:30	Bridge of Earn	Stride for Life	Meet at Servite House, Muirmont Place
Friday	10:30	Errol	Stride for Life	Meet at Servite Housing Complex
Friday	11:00	Macmillan Cornhill Centre	Gentle Movement	A mix of Tia chi and Chi Gong

## Sessions in Kinross

Day	Time	Where	Class Type	Additional Information
Monday	14:00	Kinross High Street	Stride for Life	Meet at the Church Centre, High Street
Wednesday	12:00	Live Active Loch Leven	Gym Class	A tailored programme specific to individuals
Wednesday	13:00	Live Active Loch Leven	Gym Class	A tailored programme specific to individuals

**If interested please contact either of the Move More Coordinators on 01738 454651 to arrange a consultation before attending any Move More sessions.**

# Sessions in Crieff

Day	Time	Where	Class Type	Additional Information
Tuesday	10:30	Strathearn Community Campus	Stride for Life	
Wednesday	10:00	Comrie	Stride for Life	Meet at Field of Refuge Car Park

# Sessions in Highland Perthshire

Day	Time	Where	Class Type	Additional Information
Tuesday	13:00	Live Active Atholl	Gym Class	A tailored programme specific to individuals
Tuesday	14:45	Breadalbane Community Campus	Gym Class	A tailored programme specific to individuals
Wednesday	13:30	Willowbank Loung, Birnam	Stride for Life	Meeting point located in the Servite Sheltered Housing Complex
Thursday	11:00	Aberfeldy	Stride for Life	Meet at the Birks Cinema, Aberfeldy
Thursday	14:45	Breadalbane Community Campus	Gym Class	A tailored programme specific to individuals
Friday	10:30	Kinloch Rannoch	Stride for Life	Meet at the Riverside Cafe
Friday	10:30	Live Active Atholl	Gym Class	A tailored programme specific to individuals

# Sessions in Blairgowrie

Day	Time	Where	Class Type	Additional Information
Tuesday	13:30	Alyth	Stride for Life	Meet at Airlie Street Hall
Wednesday	11:45	Live Active Blairgowrie	Gym Class	A tailored programme specific to individuals
Thursday	10:00	Blairgowrie	Stride for Life	Meet at Wisecraft
Friday	11:45	Live Active Blairgowrie	Gym Class	A tailored programme specific to individuals

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