

## Specialist Health Classes

You can attend your first class as soon as is convenient for you – there is no need to book in advance – just turn up. If the class detailed does not suit you, please call Melanie and you can slot into another class. (01236 341709)

**Please bring a bottle of water along to the class with you.**

*Please attend the class marked with (X)*

Strength & Balance				
	Sir Matt Busby Sports Complex	Mondays	14:00 – 15:00	Avril Geddes
	Wishaw Sports Centre	Mondays	13:00 – 14:00	Tamar Harper
	Wishaw Sports Centre	Mondays	14:00-15:00	Rhondda Feeny
	Time Capsule	Tuesdays	10:30-11:30	Avril Geddes
	Time Capsule	Tuesdays	11:30-12:30	Avril Geddes
	Tryst Sports Centre	Tuesdays	14:00- 15:00	Trisha Brunton/Clare Wilson
	Tryst Sports Centre	Tuesdays	15:00 – 16:00	Trisha Brunton/Clare Wilson
	Airdrie Leisure Centre	Wednesdays	11:00-12:00	Avril Geddes
	Aquatec	Wednesdays	13:00-14:00	Rhondda Feeney
	Airdrie Leisure Centre	Wednesdays	12:00-13:00	Avril Geddes
	Sir Matt Busby Sports Complex	Wednesdays	11:00 – 12:00	Liz Young
	Sir Matt Busby Sports Complex	Wednesdays	12:00 – 13:00	Liz Young
	Wishaw Sports Centre	Wednesdays	14:00 – 15:00	Avril Geddes
	Time Capsule	Wednesdays	13:30 – 14:30	Fatima Gougouz
	Time Capsule	Wednesdays	14:30 – 15:30	Fatima Gougouz
	Wishaw Sports Centre	Wednesdays	15:15-16:15	Liz Young
	Tryst Sports Centre	Thursdays	12:00-13:00	Avril Geddes
	Tryst Sports Centre	Thursdays	13:15-14:15	Avril Geddes
	Tryst Sports Centre	Thursdays	14:30-15:30	Avril Geddes
	Wishaw Sports Centre	Fridays	12:00 – 13:00	Tamar Harper
	Aquatec	Fridays	14:45 – 15:45	Rhondda Feeney
	Tryst Sports Centre	Fridays	12:30-13:30	Clare Wilson
	Tryst Sports Centre	Fridays	13:30-14:30	Clare Wilson
	Tryst Sports Centre	Fridays	14:30-15:30	Clare Wilson

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Cardio I				
	Wishaw Sports Centre	Mondays	12:00-13:00	Tamar Harper
	Time Capsule	Tuesdays	14:45-15:45	Lynn McCafferty
	Tryst Sports Centre	Fridays	12:45-13:45	Melissa Crawford
	Tryst Sports Centre	Fridays	14:45-15:45	Melissa Crawford



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Cardio II				
	Aquatec	Mondays	18:00-19:00	Tamar Harper
	Wishaw Sports centre	Tuesdays	14:00-15:00	Fatima Gougouz
	Time Capsule	Tuesdays	13:45-14:45	Lynn McCafferty
	Aquatec	Wednesdays	17:00-18:00	Liz Young
	Sir Matt Busby Sports Complex	Wednesdays	09:00-10:00	Lynn McCafferty
	Sir Matt Busby Sports Complex	Wednesdays	10:00-11:00	Lynn McCafferty
	Airdrie Leisure Centre	Wednesdays	11:45-12:45	Tamar Harper
	Tryst Sports Centre	Wednesdays	18:30 – 19:30	Melissa Crawford
	Tryst Sports Centre	Fridays	13:45-14:45	Melissa Crawford