



# S.M.I.L.E.



## REHABILITATION CLASSES (on prescription)

### MONDAY

Magnet Leisure Centre	8.00am - 9.00am	Cardiac Rehabilitation Phase IV Class
Windsor Leisure Centre	11.30am - 12.30pm	Gym Stroke Rehabilitation Class

### TUESDAY

Windsor Leisure Centre	10.45am - 11.45am	Cardiac Rehabilitation Phase IV Class
Windsor Leisure Centre	12.00noon - 5.00pm	Cardiac Rehabilitation phase III Class*
Windsor Leisure Centre	5.00pm - 6:00pm	Cardiac Rehabilitation Phase IV Class

### WEDNESDAY

Magnet Leisure Centre	8.00am - 9.00am	Cardiac Rehabilitation Phase IV Class
Windsor Leisure Centre	12.30pm - 1.30pm	Cardiac Rehabilitation Phase IV Class
Magnet Leisure Centre	1.00pm - 2.00pm	Stroke Rehabilitation Class

### THURSDAY

Magnet leisure Centre	8.00am - 9.00am	Cardiac Rehabilitation Phase IV Class
Windsor Leisure Centre	12.00noon - 4.00pm	Cancer Rehabilitation Class*

### FRIDAY

Windsor Leisure Centre	11.00am - 12.00noon	Cardiac Rehabilitation Phase IV Class
Windsor Leisure Centre	2.00pm - 5.00pm	Cardiac Rehabilitation Phase III Class*

\* Invite only via Cardiac Rehabilitation Team and Cancer Rehab

So Much Improvement  
with a Little Exercise

## WINDSOR & MAIDENHEAD LEISURE FACILITIES

WINDSOR LEISURE CENTRE **01753 778577**  
 MAGNET LEISURE CENTRE **01628 685333**  
 CHARTERS LEISURE CENTRE **01344 628686**  
 COX GREEN LEISURE CENTRE **01628 685311**  
 BRAYWICK PARK GYM **01628 633200**  
 FURZE PLATT **01628 685331**

For more information or to  
become a member please visit  
**leisurecentre.com**

Working in Partnership



## GP REFERRAL & LIFESTYLE MANAGEMENT SCHEME

If you suffer from a long term illness or are recovering from surgery ask your doctor about a GP referral to the Expressions gym. You can speak with a qualified exercise specialist, who can advise and speed up the recovery process on our 12 week exercise scheme. 4 weekly updates and 1-2-1 appointments ensure an individualised programme that is right for you.

GP Referral £37 for 3 months and then £37 per month on direct debit after completion of the programme. Advantage Card holders only.



Tomorrow workouts never happen. Join today at [leisurecentre.com](http://leisurecentre.com)

## GYM

**expressions**  
fitness

Legacy leisure operating the borough leisure centres offer a reduced cost for smile expressions membership on a monthly direct debit for those aged

60 – 69 YEARS £26  
70 – 79 YEARS £23  
80 – 89 YEARS £12  
90 YEARS AND UP- FREE

Payment by direct debit only

For more details visit [www.leisurecentre.com](http://www.leisurecentre.com) and select the centre you are interest in.



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## BOOKS ON PRESCRIPTION

Books on prescription can help you to understand and manage your health and wellbeing with self-help books. Prescriptions can be given by GP's or other health professionals.



Tomorrow workouts never happen. Join today at [leisurecentre.com](http://leisurecentre.com)

## BOYN GROVE COMMUNITY DEMENTIA RESOURCE CENTRE

A purpose built day centre, Boyn Grove offers an opportunity for those living with Dementia, to participate in a day of leisure activities based on their individual needs.

For enquiries, visits & taster sessions, please call 01628 685725 or email [boyngrove.dementiaservice@rbwm.gov.uk](mailto:boyngrove.dementiaservice@rbwm.gov.uk)

Tomorrow workouts never happen. Join today at [leisurecentre.com](http://leisurecentre.com)

## CARDIAC PREVENTION & REHABILITATION

All Legacy leisure Cardiac Rehabilitation classes are ran by exercise specialist who are all BACPR qualified.

Our Cardiac Rehabilitation phase IV classes are designed as a secondary prevention in cardiovascular disease and part of a long term maintenance programme in lifestyle changes. All patients who have completed the phase 3 programme or have been referred via your GP can attend the phase IV programme.

Our supervised exercise programme maybe just what you are looking for.

For further information please contact Sarah Hill who is our Lifestyle Coordinator and Clinical Exercise Specialist 07876 586445



Tomorrow workouts never happen. Join today at [leisurecentre.com](http://leisurecentre.com)

## SWAY BALLROOM



SMILE offer a 1½ hours fun packed session with fully qualified dance instructors.

Dance is an all round type of exercise, focussing on balance, co-ordination, posture and fitness training. Dance helps people who suffer from osteoporosis.

Fridays 2.00pm - 3.45pm at Magnet Leisure Centre.

Contact the Magnet Leisure Centre on 01628 685333.

£4.20 with an advantage card (£6.65 without).



Dance your way to a fitter and healthier lifestyle

## WALKING

### JOIN A SMILE WALK IN MAIDENHEAD

The club meets for a guided walk in Maidenhead, costing £1.50 two days a week.

Monday meet at Braywick Nature Centre in Maidenhead for a 60 minute walk at 10am.

Friday meet at Woodlands Park Community Centre in Maidenhead for a moderate intensity 60 to 90 minute walk at 10am.



Tomorrow workouts never happen. Join today at [leisurecentre.com](http://leisurecentre.com)

## WALKING FOOTBALL

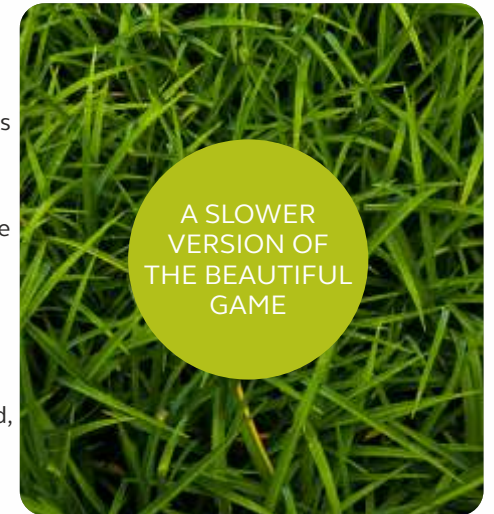
Walking Football is one of the latest crazes, giving those that have given up the chance to get back to the sport you love!

As you've guessed Walking Football involves a lot of... well... walking. It carries all the same rules as every day football except you can't pick up too much speed. It provides a sociable, fun and safe environment for those looking to be a little more active in their spare time.

Every Tuesday 1:30pm-2:30pm  
Cost: £3

**Braywick All Weather Pitch** - Braywick Road, Berkshire, Maidenhead, SL6 1BN

**Email:** [Sports.development@rbwm.gov.uk](mailto:Sports.development@rbwm.gov.uk)  
**Tel.** 01628 685791



Tomorrow workouts never happen. Join today at [leisurecentre.com](http://leisurecentre.com)

## STROKE REHABILITATION

### HAVE YOU SUFFERED A STROKE OR RELATED HEALTH PROBLEM IN THE PAST?

Why not pop down to speak with one of Legacy Leisure qualified exercise specialists.

**MAGNET LEISURE CENTRE**  
Wednesday 1.00pm - 2.00pm

**WINDSOR LEISURE CENTRE**  
Monday 11.30am - 12.00pm  
Saturday 1.15pm - 2.15pm

**CALL SARAH HILL ON**  
**07876 586445 FOR DETAILS**



**ONLY £4**  
per session  
with an  
advantage card

Tomorrow workouts never happen. Join today at [leisurecentre.com](http://leisurecentre.com)

## YOGA & PILATES

### JOIN A YOGA & PILATES SESSION IN MAIDENHEAD & WINDSOR

Conditioning the body focusing on core stability, breathing, flexibility and strength, whilst improving your balance.

Excellent way to relieve stress and tension.

Suitable for all ages and abilities. Recommended for those with the odd ache and pain.

For details of class days and times for yoga & pilates visit [www.leisurecentre.com](http://www.leisurecentre.com), and select your preferred centre.



Tomorrow workouts never happen. Join today at [leisurecentre.com](http://leisurecentre.com)

## SHOPMOBILITY

Shopmobility is a service that provides manual and powered wheelchairs and scooters difficulty walking to shops in centres. The service is available to anyone with a mobility difficulty whether the result of age, accident, illness, permanent or temporary disablement.



For further information please contact:

### MAIDENHEAD SHOPMOBILITY

Nicolsons Carpark, Broadway, Maidenhead, Berkshire SL6 1NT

Tel: 01628 543038

Email: [shopmobility@rbwm.gov.uk](mailto:shopmobility@rbwm.gov.uk)

Monday - Saturday 10.00am - 5.00pm

### WINDSOR TOWN SHOPMOBILITY

Peascod Street off Bachelors Acre, Windsor, Berkshire SL4 1EX

Tel: 01753 622330

Email: [shopmobility@rbwm.gov.uk](mailto:shopmobility@rbwm.gov.uk)

Monday - Saturday 10.00am - 5.00pm

A community service for people with difficulty in getting around town

## SMILE ACTIVITY TIME TABLE

### MONDAY

Magnet Leisure Centre	9.15am - 10.00am	SMILE Aerobics Beginner
Braywick Nature Centre Walk	10.00am - 11.00am	60 Minute Walk
Magnet Leisure Centre	10.00am - 12.00noon	50+ Short Tennis
Magnet Leisure Centre	9.30am - 12.00noon	50+ Short Tennis
Cookham Library	10.00am - 12.00noon	SMILE aerobics Beginner
Bisham Abbey	10.30am - 12.00noon	SMILE Aerobics Level 2
Larchfield Community Centre	11.00am - 12.00noon	SMILE Aerobics Level 2
WRVS, York Rd, Maidenhead	12.00noon - 1.00pm	Short Matt Bowls
All Saints Church, Windsor	1.00pm - 3.00pm	SMILE Aerobics level 1 and Games
Pinkneys Green	1.00pm - 3.00pm	SMILE Aerobics Level 3 and Games
Woodlands Park Community Centre	1.00pm - 3.00pm	SMILE Level 3 and Games
Magnet Leisure Centre	1.00pm - 2.00pm	SMILE 50+ Circuit Class
Spencer Denny, Windsor	1.30pm - 3.00pm	SMILE Aerobics Level 2
Windsor Leisure Centre	2.00pm - 3.00pm	Lets Get Active

### TUESDAY

Eton Wick, Youth and Community Centre	9.30am - 11.30am	SMILE Aerobics Level 2 and Games
Magnet Leisure Centre	9.45am - 11.45am	SMILE Aerobics Level 2 and Games
Cox Green Scouts Hut, Maidenhead	10.00am - 11.00am	SMILE Aerobics Level 3 and Games
King George VI Windsor	11.00am - 12.00 noon	SMILE Aerobics Level 1
Magnet Leisure Centre	11.30am - 1.00pm	Beginners Yoga
Wraysbury Villiage Hall	12.00noon - 1.00pm	SMILE Aerobics Level 3
Old Windsor Day Centre	1.30pm - 3.00pm	SMILE Aerobics level 1 and Games
Pinder Hall, Cookham	1.30pm - 2.30pm	SMILE Aerobics Level 3
Woodlands Park Community Centre	1.00pm - 3.00pm	Short Matt Bowls

### WEDNESDAY

Windsor Leisure Centre	9.30am - 12.00noon	SMILE Aerobics Level 2, Short Tennis, Badminton, Table Tennis and Short Mat Bowls
Magnet Leisure Centre	10.00am - 12.00noon	50+ Short Tennis
Pinder Hall, Cookham	10.00am - 12.00noon	SMILE Aerobics Level 2 and Games
Windsor Leisure Centre	1.45pm - 2.45pm	Tai Chi
Holyport, Maidenhead	2.00pm - 4.00pm	SMILE Aerobics Level 3 and Games

### THURSDAY

Lynwood Nursing Home, Ascot	9.30am - 11.30am	SMILE Aerobics Level 2
Windsor Leisure Centre	9.30am - 12.00noon	50+ Short Tennis
Magnet Leisure Centre	9.45am - 11.45am	Level 2-3 SMILE Aerobics, Short Tennis
Magnet Leisure Centre	10.00am - 12.00noon	50+ Short Tennis
Woodlands Park Community Centre	11.00am - 12.00 noon	SMILE Circuit Class
North Maidenhead Cricket Club	1.00pm - 2.30pm	Level 3 SMILE Aerobics
Pinder Hall, Cookham	1.30pm - 3.00pm	Level 3 SMILE Circuit

### FRIDAY

Windsor Leisure Centre	9.15am - 10.00am	Lets Get Active
Magnet Leisure Centre	9.15am - 10.00am	Lets Get Active
WRVS, Maidenhead	9.30am - 10.30am	Level 3 SMILE Aerobics
Cox Green Community Centre	10.00am - 12.00noon	Level 3 Aerobics and Games
Woodlands Park Community Centre	10.00am - 12.00noon	Moderate Intensity Walk 60-90 mins
Elizabeth House, Cookham	11.00am - 12.00 noon	Session SMILE 1
Sway Ballroom Dancing	2.00pm - 3.45pm	Ballroom Dancing
Magnet Leisure Centre		