**REHABILITATION CLASSES** (on prescription)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>Time</th>
<th>Class Description</th>
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</thead>
<tbody>
<tr>
<td>Magnet Leisure Centre</td>
<td>8.00am - 9.00am</td>
<td>Cardiac Rehabilitation Phase IV Class</td>
</tr>
<tr>
<td></td>
<td>11.30am - 12.30pm</td>
<td>Gym Stroke Rehabilitation Class</td>
</tr>
<tr>
<td>Windsor Leisure Centre</td>
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<thead>
<tr>
<th>TUESDAY</th>
<th>Time</th>
<th>Class Description</th>
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<tbody>
<tr>
<td>Windsor Leisure Centre</td>
<td>10.45am - 11.45am</td>
<td>Cardiac Rehabilitation Phase IV Class</td>
</tr>
<tr>
<td></td>
<td>12.00noon - 5.00pm</td>
<td>Cardiac Rehabilitation Phase III Class*</td>
</tr>
<tr>
<td>Windsor Leisure Centre</td>
<td>5.00pm - 6.00pm</td>
<td>Cardiac Rehabilitation Phase IV Class</td>
</tr>
</tbody>
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<thead>
<tr>
<th>WEDNESDAY</th>
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<th>Class Description</th>
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</thead>
<tbody>
<tr>
<td>Magnet Leisure Centre</td>
<td>8.00am - 9.00am</td>
<td>Cardiac Rehabilitation Phase IV Class</td>
</tr>
<tr>
<td></td>
<td>12.30pm - 1.30pm</td>
<td>Cardiac Rehabilitation Phase IV Class</td>
</tr>
<tr>
<td></td>
<td>1.00pm - 2.00pm</td>
<td>Stroke Rehabilitation Class</td>
</tr>
<tr>
<td>Windsor Leisure Centre</td>
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<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>Time</th>
<th>Class Description</th>
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</thead>
<tbody>
<tr>
<td>Magnet leisure Centre</td>
<td>8.00am - 9.00am</td>
<td>Cardiac Rehabilitation Phase IV Class</td>
</tr>
<tr>
<td></td>
<td>12.00noon - 4.00pm</td>
<td>Cancer Rehabilitation Class*</td>
</tr>
<tr>
<td>Windsor Leisure Centre</td>
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<tr>
<th>FRIDAY</th>
<th>Time</th>
<th>Class Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Windsor Leisure Centre</td>
<td>11.00am - 12.00noon</td>
<td>Cardiac Rehabilitation Phase IV Class</td>
</tr>
<tr>
<td></td>
<td>2.00pm - 5.00pm</td>
<td>Cardiac Rehabilitation Phase III Class*</td>
</tr>
<tr>
<td>Windsor Leisure Centre</td>
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* Invite only via Cardiac Rehabilitation Team and Cancer Rehab
GP REFERAL & 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.

For more details visit www.leisurecentre.com

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

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

For more details visit www.leisurecentre.com

CARDIAC PREVENTION & REHABILITATION

All Legacy leisure Cardiac Rehabilitation classes are ran by exercise specialist who are all BACP R 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

ONLY £4 per session with an advantage card

For more details visit www.leisurecentre.com

GYM

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 and select the centre you are interest in.
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).

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
Tel. 01628 685791

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.

WALKING FOOTBALL

JOIN A SMILE WALK IN MAIDENHEAD

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

STROKE REHABILITATION

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**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, and select your preferred centre.

**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
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
Monday - Saturday 10.00am - 5.00pm

**SMILE ACTIVITY TIME TABLE**

**MONDAY**
- Magnet Leisure Centre
- Braywick Nature Centre Walk
- Magnet Leisure Centre
- Magnet Leisure Centre
- Cookham Library
- Bisham Abbey
- Larchfield Community Centre
- WRVS, York Rd, Maidenhead
- All Saints Church, Windsor
- Pinkneys Green
- Woodlands Park Community Centre
- Magnet Leisure Centre
- Spencer Denny, Windsor
- Windsor Leisure Centre

**TUESDAY**
- Eton Wick, Youth and Community Centre
- Magnet Leisure Centre
- Cox Green Scouts Hut, Maidenhead
- King George VI Windsor
- Magnet Leisure Centre
- Wraysbury Village Hall
- Old Windsor Day Centre
- Pinder Hall, Cookham
- Woodlands Park Community Centre

**WEDNESDAY**
- Windsor Leisure Centre
- Magnet Leisure Centre
- Pinder Hall, Cookham
- Windsor Leisure Centre
- Holyport, Maidenhead

**THURSDAY**
- Lynwood Nursing Home, Ascot
- Windsor Leisure Centre
- Magnet Leisure Centre
- Magnet Leisure Centre
- Woodlands Park Community Centre
- North Maidenhead Cricket Club
- Pinder Hall, Cookham

**FRIDAY**
- Windsor Leisure Centre
- Magnet Leisure Centre
- WRVS, Maidenhead
- Cox Green Community Centre
- Woodlands Park Community Centre Walk
- Elizabeth House, Cookham
- Sway Ballroom Dancing
- Magnet Leisure Centre

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