

FIT FOR LIFE PROGRAMME



MONDAY

Live Active Gym Session	10.30am - 11.30am	Greenock Sports Centre
Vitality Strength & Balance Circuit	11.00am - 12.00noon	Greenock Sports Centre
Vitality Step - In Circuit	1.30pm - 2.30pm	Waterfront Leisure Complex

TUESDAY

Vitality Step - Up Circuit	10.00am - 11.00am	Greenock Sports Centre
Live Active Gym Session	11.00am - 12.00noon	Waterfront Leisure Complex
Vitality Strength & Balance Circuit	1.30pm - 2.30pm	Greenock Sports Centre

WEDNESDAY

Vitality Strength and Balance Class	10.30am - 11.30am	Port Glasgow Town Hall
Live Active Gym Session	1.00pm - 2.00pm	Boglestone Community Centre
Vitality Step - In Circuit	1.30pm - 2.30pm	Waterfront Leisure Complex

THURSDAY

Live Active Gym Session	9.30am - 10.30am	Waterfront Leisure Complex
Vitality Step - In Circuit	11.00am - 12.00pm	Greenock Sports Centre
Vitality Strength & Balance Class	12.00noon - 1.00pm	Greenock Sports Centre
Vitality Strength & Balance Circuit	1.00pm - 2.00pm	Greenock Sports Centre
Fit For Life Circuit	2.00pm - 3.00pm	Boglestone Community Centre

FRIDAY

Vitality Step - In Circuit	10.00am - 11.00am	Waterfront Leisure Complex
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Live Active Gym classes are for those participating in the Live Active referral programme.

For details on the Live Active Programme contact our Live Active advisors at **01475 213136**. For Vitality classes please contact **01475 213136** or pick up a leaflet from your nearest centre and complete the Vitality Suitability questionnaire before attending a Vitality class.

If in doubt about your health, you are advised to contact your health professional before beginning any new activity.

All classes are subject to change.

** Vitality classes are suitable for people with different physical abilities and medical conditions.*



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leisure