

Knarborough Wellbeing Hub fitness and activity classes issued 2 January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Blue Cat Fitness - Fabulous Fitball 9.10 - 9.55am Meeting room	Quick HIIT 9 - 9.30am Meeting room ♡	Total Tone 9.15 - 10am Main hall ♡	Advance Balance 9.30 - 10.15am Meeting room ♡		
T'ai Chi 9.45 - 10.45am Main hall		Table tennis 10.15am - 12.15pm Main hall	Pilates and stretch 9.30 - 10.30am Main hall ♡	Emergy fitness & wellbeing - fit mix 9.30 - 10.30am Main hall	
Fitball 10 - 10.45am Meeting room ♡	Cook and eat 11 - 1pm Meeting room ♡		Emergy fitness and wellbeing - pilates for men 10.45 - 11.45 Main hall	Conversational french 9.30 - 11.30am Meeting room	Kids Inclusive Social Saturday 10am - 1pm Main hall
Strong and steady - falls prevention 11 - 12.30pm Main hall ♡	Functional Fitness 12.45 - 1.30 Main Hall ♡	Gardening group 12.45 - 2.45pm Outside ♡	Chair based exercise 12 - 1pm Meeting room ♡	Pilates and stretch 10.30 - 11.30am Main hall ♡	
Fit4Function 12.45 - 1.30pm Main hall ♡			Strong and steady - falls prevention 1.30 - 3pm Meeting room ♡	Functional Fitness 11.45am - 12.30pm Main Hall ♡	
Fit4Future-higher level 3.15 - 4pm Main hall ♡	Make do and mend (last Tuesday of the month) 1.30 - 3.30pm Meeting room		Fit4Life 3.15 - 4.30pm Main hall ♡	Trinity dance club (Term time only) 1.45 - 4pm Main hall	
Cardiac rehab (phase 4) 4.30 - 5.45pm Main hall ♡	Girls group (Term time only) 4 - 6pm Meeting room	Practical Pilates 4 - 4.45pm Main hall ♡	Inspire Youth Junior Youth Club 4 - 5.30pm Main hall		
	T'ai Chi 6.15 - 7.15pm Main hall	((Bounce))™ Blast 6.45 - 7.30pm Main hall	Circuits 6.45 - 7.30pm Main hall ♡		
	Blue Cat fitness - super circuits 7.30 - 8.15pm Main hall		Blue Cat fitness - super circuits 7.30 - 8.15pm Main hall		

Brimhams Active fitness classes

Advanced balance - Lower leg strength and balance class, aimed to improve lower body strength, balance and co-ordination. This will help you safely perform everyday activities with confidence. Aimed at an already active adult wanting to increase their confidence, strength or continuing rehabilitation from injury. To book tel: 01423 862702, or via the Brimhams app.

Circuits - Fun and Effective stations with lots of different equipment to play with. To book please call 01423 862702 or book via the Brimhams Active App.

Fitball - A class using Fitballs for core strength, conditioning and toning. To book please call 01423 862702 or book via the Brimhams Active App.

Functional Fitness - This session uses easy to follow aerobic moves and exercises to keep you active, fit, strong and ready for life. To book please call 01423 862 702, or via the Brimhams app.

Pilates and stretch - These sessions will help you lengthen and strengthen your muscles, improve your core strength, your stability and mobility. Suitable for beginners and people with more experience. To book please call 01423 862 702, or via the Brimhams app.

Practical Pilates - This class combines Pilates techniques with conditioning moves to strengthen you from top to toe. No experience necessary. All levels welcome.

Quick HIIT - A quick effective session to start your day that combines aerobic and strength elements for an all over body work out. To book please call 01423 862702 or book via the Brimhams Active App.

Total Tone - A classic mat-based toning class designed to sculpt and tone the body. Suitable for all levels. To book please call 01423 862702 or book via the Brimhams Active App.

All Brimhams Active fitness classes are free to Brimhams Active members or £5.85 per class for non-members. To book call us on 01423 862702, or via the Brimhams App.

Other fitness classes

Blue Cat fitness - Super circuits - Fun and Effective stations with sing-along-tunes. £5
Contact bluecatfitness@hotmail.co.uk,
Tel: 07816 264877

Blue Cat fitness - Fitball. A class using Fitballs for core strength, conditioning and toning £5. Contact bluecatfitness@hotmail.co.uk Tel: 07816264877

((Bounce)) TM Blast - High energy mini trampoline fitness. Suitable for everyone. £6.95 Contact Georgia Sands on 07341 661244 georgiabounce@outlook.com

Emergy fitness and wellbeing - Fit Mix - The ultimate mix and variety of exercises. £8 per person or £42 block. Book to secure your place. Contact 0781 7502768

Emergy fitness and wellbeing - Pilates for men Bring your own mat and kit. £8 per person or £42 block, book to secure your place. Contact 07817 502768

Table tennis - A casual over 50's table tennis group, everyone welcome. Tea and biscuits included. £3. Contact Stephen Knight 077689 80006

T'ai Chi - The movement of T'ai Chi benefits joints, muscles and posture, relaxes the mind and the body, improves concentration, coordination and improves physical and emotional balance. All ages and abilities welcome. £7 Contact Brian Douglas; briandouglas2001@hotmail.com, 07388 894428

Active health classes

Cardiac rehab (phase 4) - a circuit based exercise class designed specifically for people who have had a cardiac event to improve physical and mental wellbeing. In partnership with Harrogate District Hospital Cardiac rehabilitation nurses. £5.30. To book contact active.health@brimhamsactive.co.uk

tel: 01423 556106

Chair based exercise - A low level seated exercise class suitable for all abilities. £5.30. To book contact active.health@brimhamsactive.co.uk tel: 01423 556106

Falls prevention - This is a gentle exercise class designed to improve your strength and balance, enabling you to enjoy more physical activity, while reducing the risk of a fall. £5.30 . To book contact active.health@brimhamsactive.co.uk tel: 01423 556106

Fit4Function - Class designed to improve posture, strength, agility, co-ordination, balance and general health to reduce risk of falls with an extra focus on lower body muscular strength with people with Osteoarthritis. £5.30. To book contact active.health@brimhamsactive.co.uk tel: 01423 556106

Fit4Life - A free 12 week adult weight management programme fully funded by NYCC offering full body exercise classes followed by nutritional advice. To find out if you're eligible please contact our central booking line on 01423 556106.

Fit4Future (higher level) - A rehabilitation class for those recovering from cancer, who have completed the Active against Cancer programme with Harrogate NHS. £5.30

Social and support groups

Conversational french - Come and join Knaresborough French group for a tutored conversational French class. Contact laurencephillip1907@gmail.com

Cook and eat - Do you have difficulty cooking a meal? Trying to manage on a budget? We'll work together to cook a nutritious meal using donated produce which you can enjoy at the centre or take home. Open to all regardless of ability. Free. Contact knaresboroughwellbeinghub@brimhamsactive.co.uk or tel 01423 862702

Gardening group - come and join the Green team to help us build new raised beds and plant fruit and veg as part of the incredible edible Knaresborough project. Free. To find out more contact knaresboroughwellbeinghub@brimhamsactive.co.uk or tel 01423 862702.

Inspire Youth Junior Youth Club - Perfect for socialising, having fun and making new friends. for 8-11years olds. No need to book, just turn up £1 per session, pay on the door.

Trinity dance club - Sequence dancing. £2.50 including tea, cakes and a raffle. Contact 01423 797148 for more details.

Family activities

Girls group - Quiet and friendly social group aimed at girls aged 9 -19 who find social situations difficult or too busy and noisy. £5.50. Contact Danielle Mulholland 07525 988145

KISS - Kids Inclusive Social Saturday - Fun inclusive play activities with arts, crafts, games and sports. £20 per session. Booking essential, contact Danielle Mulholland 07525 988145