

HEALTH CONDITIONS CLASS

TIMETABLE

All classes are available to you either as a member, or a pay as you go referral customer. **Classes highlighted in blue are open to all**, while those in black are for our referral clients only.



If you would like further info, or to book on to a class, please contact the Health and Physical Activity Development Officer – Jen Knox on jknox@liveborders.org.uk or 07458 088531

HEALTH CONDITIONS CLASSES

Supported Gym Sessions	Supported Gym class for people with long term health conditions		
WHEN	WHERE	LED BY	COST
Monday 11.30am-12.30pm	Tweedbank Sports Centre	Ilona	£4.50
Wednesday 10am-11am	Gytes Leisure Centre, Peebles	Katrina	£4.50
Wednesday 6pm-7pm	Kelso High School	Ilona	£4.50
Health Circuits	A supported circuits exercise class for people with long term health conditions.		
WHEN	WHERE	LED BY	COST
Tuesday 9.30am-10.30am	Teviotdale Leisure Centre	Ilona	£4.50
Wednesday 10am-11am	Eyemouth Community Centre	Donna	£4.50
Wednesday 10.30am-11.30am	Tweedbank Sports Centre – Outdoor, weather permitting	Ilona	£4.50
Health Yoga	A low intensity yoga class that helps increase balance and stability. Can be done seated or standing.		
WHEN	WHERE	LED BY	COST
Monday 10.30am-11.30am	Old Gala House, Galashiels	Elaine	£4.50

Monday 1.30pm-2.30pm	Tweedbank Sports Centre	Angela	£5.00
Friday 10am-11am	Teviotdale Leisure Centre	Angela	£5.00
Friday 10.30am-11.30am	Old Gala House, Galashiels	Elaine	£4.50

Strength and Mobility	A mainly seated exercise class, focusing on building strength and mobility		
WHEN	WHERE	LED BY	COST
Monday 10.30am-11.30am	Tweedbank Sports Centre	Ilona	£4.50
Health Pilates	A low intensity Pilates class, focusing on balance, strength, posture, and flexibility. Seated and standing options		
WHEN	WHERE	LED BY	COST
Thursday 10am-11am	Teviotdale Leisure Centre	Ilona	£5

OLDER ADULTS PROGRAMME

Functional Fitness	Low impact exercise class for older adults to support your everyday life.		
WHEN	WHERE	LED BY	COST
Monday 9am-10am	Bowden Village Hall	Katrina	£5.00
Wednesday 10am-11am	Selkirk Leisure Centre	Pat	£5.00
Seated Fitness	A more accessible exercise class for older adults with additional mobility issues.		
WHEN	WHERE	LED BY	COST
Tuesday 10.30am-11.30am	Extra Trust Care Housing, Duns	Pat	£5.00
Wednesday 2pm-3pm	Gytes Leisure Centre, Peebles	Pat	£5.00
Friday 10.45am-11.30am	Kelso, Tait Hall	Susanne	£5.00
Walking Hockey	A less physically demanding version of Hockey, still allowing you to show skill but with a big emphasis on fun, teamwork, and socialising.		
WHEN	WHERE	LED BY	COST
Tuesday 1.30pm-2.30pm	Drill Hall, Peebles	Volunteers	£5.00

Steady	Low impact exercise class for those with an increased risk of, or a history of falls.		
WHEN	WHERE	LED BY	COST
Tuesday 11am-12pm	Tweedbank Sports Centre	Ilona	£4.50

GENTLE MOVEMENT

Gentle Movement	A slow, relaxing class which uses movements similar to Qigong.		
WHEN	WHERE	LED BY	COST
Wednesday 11.30am-12.30pm	Gytes Leisure Centre, Peebles	Katrina	£3.00
Friday 10.30am-11.30am	Tweedbank Sports Centre	Chris	£3.00

HEALTH WALKS

Health Walks	A low-level health walk that is short and sociable.		
WHEN	WHERE	LED BY	COST
Wednesday 10am-11am	Kelso, Riverside Car Park	Sandra	FREE
Wednesday 10am-11am	Tweedbank Sports Centre	Brenda and John	FREE

PARKINSONS

Parkinsons Circuit Class	Circuit based exercise for people with Parkinsons, suitable for all abilities.		
WHEN	WHERE	LED BY	COST

Tuesday 1.15pm-2pm	Tweedbank Sports Centre	Pat	£4.50
Tuesday 2.30pm-3.30pm	Tweedbank Sports Centre	Pat	£4.50

MS

MS Pilates	Low intensity Pilates class for people with MS		
WHEN	WHERE	LED BY	COST
Monday 11.30am-12.30pm	Teviotdale Leisure Centre, Hawick	Katrina	FREE
Monday 1.30pm-2.30pm	Old Gala House, Galashiels	Katrina	FREE