

# Health & Fitness Activity Schedule

## April - June 2010



Rendezvous @ WLC

Drop In – individuals can attend at any time during the session  
 Workshop – individuals must be able to attend ALL sessions for the full allocated time  
 Sessional – individuals must attend for the duration of the allocated time of the session

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Type	Room	Tariff
<b>Therapy Assistant, Gym Activities and 1:1 fitness sessions</b>	To be booked individually with therapy team					Therapy	Fitness Suite	
<b>Pre-booked Gym Drop-in</b>				10.15am - 12.30pm (45 min slots)  (12 wks)		Drop in/ Appointment	Fitness suite	
<b>Fitness Group</b>					2.15pm – 3.00pm  (12 weeks)	Drop In	Fitness Suite	
<b>Sports Club</b>	11.00am – 12.30pm 12 April – 24 May EXC 3 May (6 weeks)		11.00am – 12.30pm 7 April – 26 May EXC 12 May (7 weeks)			Sessional	Rainbow Room	
<b>Hydrotherapy</b>	12.00 – 1.00pm  (12 weeks)	10.00am – 1.00pm  (12 weeks)	11.00am – 1.00pm  (12 weeks)		10.00am – 1.00pm  (12 wks)	Pre booked drop in. Rotational	Hydrotherapy	
<b>Chill Out Zone: Relaxation</b>		2.00pm - 3.00pm 05 Jan – 26 Mar (12 wks)		2.00pm – 3.00pm 07 Jan – 28 Mar (12 wks)		Sessional	Sensory Room	