

# get active...

Becoming more active can make you feel good about yourself and it can have a number of benefits for your health including helping to manage any long term conditions you may have such as cardiovascular disease, high blood pressure, diabetes and joint problems. It can also help to manage your weight and improve your mood.

Our Healthy Lives activity classes are entry level classes aimed at people who are new to exercise and that have one or more long term conditions. The sessions are delivered by fully qualified and experienced instructors and are available at a number of venues across South Tyneside.

## Healthy Lives Fitness Class Timetable

DAY	TIME	CLASS	VENUE
Monday	12noon	Healthy Lives	Temple Park
Monday	3.30pm	Healthy Lives	Monkton Stadium
Tuesday	9.30am	Healthy Lives	Hebburn Central
Tuesday	11am	Healthy Lives	Haven Point
Wednesday	12noon	Healthy Lives	Temple Park
Wednesday	2pm	Healthy Lives – Badminton	Hebburn Central
Thursday	9.30am	Healthy Lives	Hebburn Central
Thursday	9.30am	Healthy Lives	Temple Park
Thursday	12noon	Healthy Lives	Haven Point
Thursday	2pm	Healthy Lives	Monkton Stadium
Friday	9.30am	Healthy Lives	Monkton Stadium
Friday	12noon	Healthy Lives	Temple Park

For further information please contact the venue of your choice below

### Contact Details

VENUE	TELEPHONE NUMBER
Haven Point	(0191) 424 7800
Hebburn Central	(0191) 424 7801
Monkton Stadium	(0191) 489 1283
Temple Park	(0191) 456 9119



**South Tyneside Council**