

Welcome to Health

Where our Active Living Team deliver a specialised Health & Fitness programme in conjunction with NHS Ayrshire & Arran.

This programme offers a wide range of activities to support people to become more active and adopt a healthier lifestyle.



01292 269793



SAC Leisure App



<https://www.south-ayrshire.gov.uk/leisure>



Self-Refer to join!

FALLS PREVENTION

Invigor8

A specific exercise programme designed to improve mobility, strength and balance and help reduce the risk of falls. Classes are 1 hour in duration.

With Invigor8 Level 1 and Invigor8 Level 2, we cater to all abilities and provide the opportunity for improvement and progression.



The classes are designed to help build and maintain 7 core components:

Endurance

Balance

Targeted Resistance Training

Backward Chaining

Functional Floor Activities

Adapted Tai Chi

Flexibility

Invigor8 is suitable for people :

- Feeling fearful of falls
- Feeling unstable on their feet
- Who have had a previous fall
- With osteoporosis



KEEP FIT LOW

Keep Fit Low classes are specially designed low impact fitness classes for Health Members.

These classes are 45 minutes in duration and are packed full of fun and music whilst prioritising accessible fitness.

All classes include exercises at low impact level and aim to improve:

Cardiovascular Health

Flexibility

Strength

Coordination

Resistance Band
Training

Aerobics

Keep Fit Low classes range in different styles meaning there is something for everyone!

Circuits

Step Aerobics



WEIGHT MANAGEMENT

Weigh To Go

Weigh To Go is an adult weight management programme delivered by our Health Team in partnership with NHS Ayrshire and Arran.

The programme aims to provide you with the tools to lose and maintain a healthier weight and encourages you to live a more active lifestyle.

The programme is suitable for anyone over 18 with a BMI of 25 or more.

Weigh To Go Exercise Classes consist of 45 mins of exercise.

Weigh To Go Talk Classes consist of 45 mins of a nutritional education.



Scan to find out your BMI

The Weigh To Go programme runs for 12 weeks, with ongoing support for 1 year.

HARP

Healthy and Active Rehabilitation Programme

Working in conjunction with NHS colleagues,
HARP classes are designed to assist with improving or maintaining
the health of individuals with the following health conditions:



heart,
lung,
cancer,
stroke

diabetic medical history



HARP classes are typically set up in Circuit style and include the required prolonged warm-up and cool-down on either side of a tailored main activity section to ensure classes are safe and effective for all individuals. These classes are 1 hour in duration

“I feel the benefits after only six weeks attending and have been encouraged so much I have signed up for more classes. Knowing I can push myself under expert supervision has improved my personal assessment of how well I can become. I return from classes feeling far more positive about life and personal health.”

Doug

NEUROFITNESS

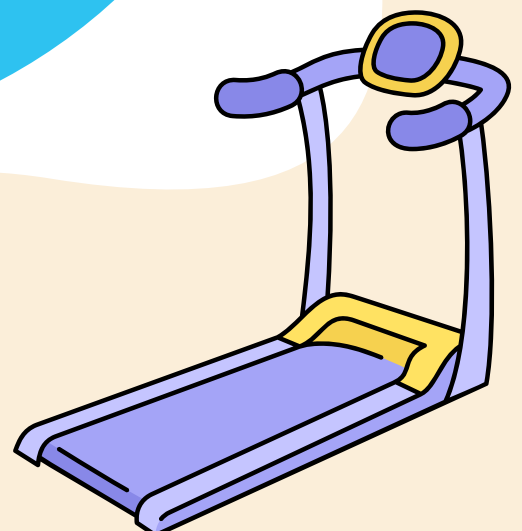
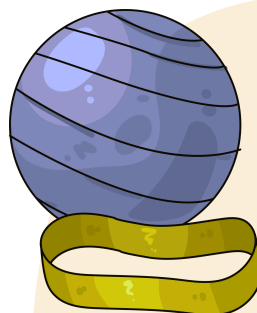
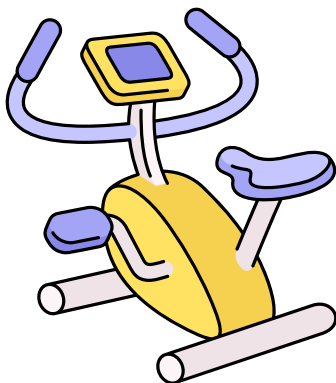
NeuroFitness classes are gym -based circuit style classes aimed to support individuals with a range of neurological conditions to become more active and improve physical fitness.



This class is 1 hour in duration and uses a mix of cardiovascular and weighted machines as well as mixed free equipment to support movement, challenge cv fitness levels, strength, and coordination.

Suitable for individuals with the following conditions:


**Parkinson's
Post Stroke
Multiple Sclerosis
Dementia
Epilepsy**



Broadway Boogie Encore

Broadway Boogie Encore is a low impact dance fitness workout inspired by musicals from stage and screen.

These classes are 45 minutes in duration.



Experience the magic of Broadway Boogie Encore with uniquely choreographed routines that are kind to your body but still deliver a heart-pumping workout.

“Broadway Boogie Encore is the perfect mix of energy and fun!”

“The focus is on fun and good music. I love it!”

“The Broadway Boogie Encore classes are fun and inclusive!”



CARDIAC REHABILITATION

An exercise class designed for the rehabilitation of people who have experienced cardiac events and subsequent treatment.

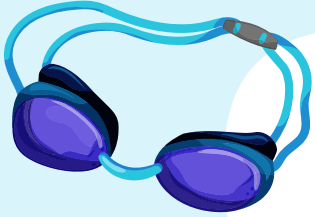


Lead by a specialist Cardiac instructor, we aim to improve your health and wellbeing in a safe and structured environment over a 12 week course.

Cardiac rehab is a vital part of your recovery, so consider it as important as taking your medication.

Cardiac Rehab classes are approximately 1 hour long and consist of 15 minutes warm up, 30 minutes circuit style class followed by a 15 minute cool down .

GP REFERRAL SWIM

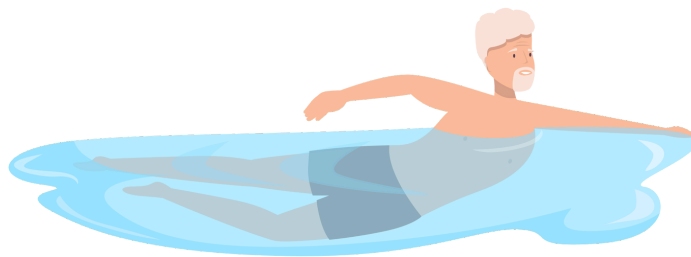


DID YOU KNOW?

Swimming strengthens the heart and improves cardiovascular endurance.

Being a non-weight-bearing exercise, swimming is easy on the joints, making it suitable for those with joint pain.

Swimming reduces the risk of osteoporosis, increases flexibility and improves muscle strength and tone.



Exclusive to Health Members are our additional GP Referral Swim sessions.

Members can attend these quieter pool sessions, to swim at their own pace, or complete any exercises given by their Health Professional and enjoy the many benefits of swimming.

These sessions are 1 hour in duration, and are fully supported by an Aquatics Instructor.

EVOLVE FITNESS CLASSES



As well as all of the exclusive Health Classes, Health Members also have access to booking EVOLVE Fitness Classes.



Evolve Circuits

Traditional circuit style class designed to build muscular strength and cardiovascular endurance with tailored individual exercises and active recovery time.

Evolve Circuit Series

Engage in a series of challenging circuits tailored to enhance strength, endurance, and agility in a Gym based environment.

Evolve Cycling

A low impact, joint friendly workout, suitable for beginners, those returning to indoor cycling, or experienced riders looking to improve or maintain overall fitness.

Evolve Stretch & Core

A studio-based class that prioritises flexibility and core strength with targeted stretching and abdominal exercises.

Evolve Aqua Circuits

A low-impact circuit style class in an aquatic environment. Exercises included mixture of lower, upper and core exercises as well as fun cardiovascular work.

Evolve Aqua Fit

A water-based fitness class, promoting cardiovascular health and muscle toning in a low-impact aquatic environment.

HEALTH GYM INDUCTIONS

Not sure where to start in the gym? Let us help you get off on the right foot and grow your confidence!

FREE to all Health customers are our Health Gym Inductions

Your Induction will be led by one of our fully qualified Instructors. The session will last 1 hour and will introduce you to our gym facility and include how to safely and effectively use cardio, resistance, fixed and free weight machines.



Your Health Gym Induction will be delivered with your existing medical conditions in mind. And your Instructor will provide tailored exercise advice depending on your specific needs.



SUPPORTED GYM SESSIONS

Completed your Induction but not quite ready to go at it alone?

No need to worry – we're here to support you!

Supported Gym Sessions are 1 hour in duration. During this time you will be able to use a wide range of equipment in our gym facilities with the support from a fully qualified Instructor.



For the duration of your session an Instructor will be present in the gym with you to ensure you are exercising safely and most effectively.



The instructor will also have the ability to tailor programme to your needs, share their knowledge and provide guidance on how to get the most from your workouts!

