



Sample Timetable

9am-9:30am	Stride It Out - Aerobics	Easy-to-follow- walking dance fitness class aiming to get a minimum of 2000 steps in 20 minutes - series of videos suitable for home can be provided for aftercare	Large meeting room
9:45am-10:30am	Improving productivity with nutrition & movement	Seminar to cover how your food & hydration & movement can improve your productivity	Somewhere with seating
10:45am-11:30am	Staying more mobile & flexible at your desk	A workshop covering simple combinations of movements that can be done at/around your workspace to decrease postural pain and to keep the body moving throughout the day. Plan with video links provided for continued practice.	Somewhere with seating
11:45am-12:15pm	Stride It Out - Latin	Easy-to-follow- walking dance fitness class aiming to get a minimum of 2000 steps in 20 minutes - series of videos suitable for home can be provided for aftercare	Large meeting room



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12:45pm-1:30pm	The non-bodybuilder seminar on eating for strength... and how improved strength can decrease aches & pains	A seminar on nutrition for general health & wellness & how improved muscle mass can decrease the aches & pains of daily life especially as we age.	Somewhere with seating
1:45pm-2:30pm	Bodyweight resistance training for complete beginners	Maintaining muscle mass as we age is an important factor in quality of life across all genders. To focus on simple movements that can be done in 15 minutes in the Rehab Room post-workshop. Plan with video links can be provided.	Large meeting room
3pm-4pm	Clubbercise® (alternative dance fitness classes can be provided including Zumba Fitness®)	An easy-to-follow dance fitness workout to club anthems with glowsticks. 45 minute workout surrounded by discussion on exercise endorphins, stress relief, benefits of music combined with movement for mental health. Glowstick pack cost £84.99 which can be used for any future sessions/sensory room display etc.	Large meeting room