

## **Poole Heart Support Group Exercise Classes as at Nov 2024**

Please check the website for the most up-to-date schedule

No classes on Bank Holidays

### **Canford School Sports Hall**

Monday Lesley – 8.45 am & 9.45 am  
Tuesday Emma – 9.00 am & 10.00 am  
Thursday Lesley – 8.45 am, 9.45 am & 10.45 am  
Friday Emma – 9.00 am & 10.00 am

### **Broadstone The Junction Sports Centre**

Wednesday Caroline – 10.45 am  
Thursday Jayne F – 9.30 am & 10.30 am

### **Broadstone Community Centre: Hearts on Seats**

Thursday Jayne F – 1.00 pm

### **Ferndown St Marys Church**

Monday Juliet – 11.00 am

### **Ferndown United Refomed Church Hall**

Friday Juliet – 10.00 am

### **Hamworthy Liberal Hall**

Monday Caroline – 10.00 and 11am

### **Lytchett Manor School**

Tuesday Karyn – 5.30 pm & 6.30 pm

### **East Dorset Tennis Club**

Tuesday Paula – 11.00 am (Seated exercise)  
Friday Paula – 10.45 am

### **St Josephs Church, Bournemouth Road**

Wednesday Paula – 10.45 am

### **Stoborough Hall**

Monday Jayne T – 1.30 pm

### **Wareham Leisure Centre**

Thursday Isy – 11.30 am

### **Swanage Methodist Church**

Wednesday Jayne T – 2.30 pm

### **Ashdown Leisure Centre – Canford Heath**

Tuesday Caroline – 9.30 am  
Friday Jayne F – 9.30 am & 10.30 am

### **St Barnabus Church, Bearwood**

Tuesday Isy – 9.30 am

### **Zoom online**

Wednesday Emma – 9 am (email for codes)