



Morning Session: 10.30 am- 12.00pm , **Evening Session:** 6.00pm- 7.30pm

Date	Activity and Venue	Information Session
7 th March	Walking & Introduction to Programme <i>Sarah Ulmer Lounge</i>	Motivation & goal setting - <i>Guest Speaker Jason McKenzie</i>
14 th March	Low Impact Aerobics <i>Sarah Ulmer Lounge, ILT Velodrome</i>	Diet & serving sizes
21 st March	Bush Walk – Kew Bush <i>(If postponed you will be notified & we will meet at the ILT Velodrome)</i>	
28 th March	Exercise Circuit <i>Sarah Ulmer Lounge, ILT Velodrome</i>	Understanding food labels
4 th April	Badminton <i>Badminton Hall, Surrey Park</i>	Individual catch-ups
11 th April	Supermarket Tour <i>Countdown on Tay Street</i>	
18 th April	Table Tennis <i>Table Tennis Southland</i>	Adapting recipes
2 nd April	Gym <i>YMCA –Tay Street</i>	Individual catch-ups
9 th May	Aqua Jogging <i>Splash Palace</i>	
16 th May	Zumba <i>Sarah Ulmer Lounge, ILT Velodrome</i>	Graduation & evaluation