

Phase IV Cardiac Prevention and Rehabilitation Sessions

Day	Venue	Format	Time	Instructor	Contact no
Monday	Wycombe Sports Centre	Circuit	11.00am -12.00pm	Jo	07973 513 730 / 07834 400 924
	Wycombe Sports Centre	Gym	11.00pm – 12..00pm	Aaron	07973 513 730
	Wycombe Sports Centre	Gym	12.00pm -1.00pm	Lindsey	07973 513 730
	Beacon Centre Holtspur	Gym	11.45am – 12.45pm	Hannah	07970 214 742
	Sprinters Prestwood	Gym	1.30pm – 2.30pm	Hannah	07970 214 742
	Wendover MS Centre	Circuit	2.00pm – 3.00pm	Gisele / Jess	0776 130 630 / 07703 844 807
Tuesday	Court Garden Leisure Centre Marlow	Gym	9.00am – 12.30pm	Jenny	01628 405 200
	Chalfont Leisure Centre	Gym	10.00am – 12.00pm	Justin	07970 214 742
	Chiltern Pools Amersham	Gym	11.30am – 1.30pm	Lindsey	07970 214 742
	Chesham Leisure Centre	Gym	2.00pm – 4.00pm	Lisa	07970 214 742
	Ward 4a WGH	Circuit	7pm – 8pm	Gisele	01494 734 291
Wednesday	Chesham Leisure Centre	Circuit	9.00 am – 10.00am	Natasha	07970 214 742
	Chesham Leisure Centre	Circuit	10.45am – 11.45am	Natasha	07970 214 742
	Wycombe Sports Centre	assisted	1.30pm – 2.30pm	Jo	07973 513 730
	Wycombe Sports Centre	Gym	7.30pm – 8.30pm	Gary / John	07788751272 /07999340110
	Ward 4a WGH	Circuit	4.00pm – 5.00pm	Lesley	01494 734 291
Thursday	Wycombe Sports Centre	Circuit	11.00am – 12.00pm	Aaron	07973 513 730
	Wycombe Sports Centre	Gym	11.00am - 12.00pm	Hannah	07973 513 730
	Wycombe Sports Centre	Circuit	12.00pm – 1.00pm	Hannah	07973 513 730
	Wycombe Sports Centre	Gym	12.00pm – 1.00pm	Aaron	07973 513 730
	Beacon Centre Holtspur	assisted	1.15pm – 2.15pm	Jo	07970 214 742
	Beacon Centre Holtspur	Gym	2.00pm – 3.00pm	Lindsey	07970 214 742
	Beacon Centre Holtspur	Gym	3.00pm – 4.00pm	Lindsey	07970 214 742
	Wendover MS Centre	Circuit	1.00pm – 2.00pm	Gisele / Jess	0776 130 630 / 07703 844 807
	Ward 4a WGH	Circuit	7.00pm -8.00pm	Justin	01494 734 291
Friday	Chalfont Leisure Centre	Gym	9.00am – 11.00am	Gaye	07970 214 742
	Sprinters Prestwood	Circuit	11.00am – 12.00pm	Jo	07970 214 742