

SHIPSHAPE ACTIVITIES JANUARY 2016

GROUP SESSIONS AT SHIPSHAPE

Games Club	Mondays 12.00-1.30pm	Free – Drop-in
Eating On A Budget	Mondays 1.30-2.30pm	Free – Pre-book
Exercise Class for Women	Tuesdays 11.45am – 12.45pm from January 5th	£1.00 – Drop-in
Boxing Sessions	Tuesdays 1.30-2.30pm from 12 th January – 29 th March	Free – Pre-Book
Open Days for Women	Wednesdays Exercise Session 10.00-11.00 am from Jan 13th Sewing, health checks and social drop-in 11.00am-1.00pm	£1.00 – Drop-in
Yoga for Women	To be confirmed. Thursdays early afternoon?	£1.00 – Currently full, waiting list available.
Matty's Coffee Morning	Thursdays 10.00am-12.00pm	Free - Drop-on

ONE-TO-ONE SESSIONS AT SHIPSHAPE

Counselling	Mondays 10.00-12.00pm - enquire at ShipShape	Free; Pre-book
Health Trainer Service	Various times, please enquire.	Free – enquire at ShipShape

ACTIVITIES AND SERVICES HELD IN OTHER LOCATIONS

Health Trainer Service	Available at various Medical Centres and GP Surgeries	Free – Pre-book
Health and Wellbeing Men's and Women's Groups	Israac Centre Tuesdays 12.00-1.30pm	Free – Drop-in
Diabetes Support	One-to-one Health Trainer support for diabetes. 1 st Thursday of the month 10.00am-1.00pm at One Nation Community Centre, 7-9 Leyburn Road, Nether Edge.	Free – Drop-in
Health Drop-in	Heeley Baths, Broadfield Road S8 with ShipShape Health Trainer, Samia Masood, Thursdays 10.00am-1.00pm	Free – Drop-in
Creative Movement course from Mind and Body Project at Sheffield Mind	Thursdays from 4 th February to 24 th March Meersbrook Park United Reform Church, 59 Brook Road S8 1.00-3.00pm	Free – Pre-book
Aston Chronic Pain Swimming Group	Aston Leisure Centre Fridays 10.00am – 1.00pm	Free – By referral from Health Trainer Service
Dad's Club	Shipshape Health and Wellbeing Centre, Saturdays 10.30am-12.30pm	Free – Drop in