

Physical Activity Programme (Jul-Sep 2022)

Monday's

Buggybeat	Alva (meet in Cochrane car park)	10 to 11am Starts 8 Aug	£5.00 full price £2.60 access	Terri Ann Webster
The class is a parent and child outdoor cross training exercise class. All fitness levels welcome post 6 week check. Involves walking, body weight and resistance band exercises. Allows you to exercise without the cost of childcare and a great way to meet new parents.				
Zone 60's	Dumyat Centre, Menstrie	1.30 to 2.30pm	£2.60	Kenny
This class is about maintaining a healthy lifestyle, meeting new people and enjoying a fun filled session. Gentle exercise to help improve your strength, balance and overall health and wellbeing.				
Lower Limbs Class*	Cochrane Hall, Alva	4.30 to 5.15pm & 5.15 to 6pm	£2.60*	Kenny
Information on this class is available via our separate hips and knees class page: www.clacks.gov.uk/learning/hipskneesclass/ You can view the You Tube videos via the links below which demonstrate class activities: www.youtube.com/watch?v=vKQLHn5Zw7w&t=8s www.youtube.com/watch?v=gmrVJEZRC00&t=4s				
Yoga Class	Alloa Academy	6 to 7pm	£5.00 full price £2.60 access	Kirsty
Iyengar yoga, a style of Hatha yoga most notable for it's exacting attention to proper alignment as well as the use of props to assist. The exercise helps with your flexibility, posture and core strength.				
Social Badminton	Alva Academy	6 to 8pm	£5.00 full price £2.60 access	Mia
Come along for a fun game of badminton and play with your friends or with other people. No matter your ability come along and join. Full price cost for 2 hours is £5.00 but you can pay £2.60 for 1 hour.				

Tuesday's

Sporty Seniors	The Hive, Dollar	11 to 12 noon	£2.60	Kenny
This class is about maintaining a healthy lifestyle, meeting new people and enjoying a fun filled session. Gentle exercise to help improve your strength, balance and overall health and wellbeing.				
Over 60's	Tullibody Civic Centre	1.30 to 2.30pm	£2.60	Kenny
This class is about maintaining a healthy lifestyle, meeting new people and enjoying a fun filled session. Gentle exercise to help improve your strength, balance and overall health and wellbeing. An added bonus is this is a great class to socialise in.				
Circuit Class	Alva Academy	6 to 7pm	£5.00 full price £2.60 access	Kenny
An exercise class designed to improve your strength, muscle tone, weight loss and overall health and fitness. Come along and exercise in a friendly environment at your own comfortable level.				
Zumba Class	Alloa Academy	7 to 8pm	£5.00 full price £2.60 access	Donna
Zumba is a fun and sociable dance based fitness class that uses a fusion of Latin and International rhythms with easy to follow moves. It includes both high energy cardio, and resistance training components designed to tone and sculpt the entire body. Zumba is designed for adults of all ages and fitness levels, and class participants at any level can start Zumba right away.				

Wednesday's

Mature Movers	Sauchie Hall	10.30 to 11.30am	£2.60	Kenny
This class is about maintaining a healthy lifestyle, meeting new people and enjoying a fun filled session. Gentle exercise to help improve your strength, balance and overall health and wellbeing.				
OTAGO	Sauchie Hall	3.15 to 4.15pm	£2.60	Kenny
This class is for people who have been identified as a falls risk or who may be becoming unsteady on their feet. The exercises are targeted at improving leg strength and balance to help individuals maintain their independent lifestyle.				
Lower Limbs Class*	Sauchie Hall	5.15 to 6pm	£2.60*	Kenny
Information on this class is available via our separate hips and knees class page: www.clacks.gov.uk/learning/hipskneesclass/ You can view the You Tube videos via the links below which demonstrate class activities: www.youtube.com/watch?v=vKQLHn5Zw7w&t=8s www.youtube.com/watch?v=gmrVJEZRC00&t=4s				
Fitter Folks	Lornshill Academy	6 to 7pm	£5.00 full price £2.60 access	Mark
An exercise class designed to improve your strength, muscle tone, weight loss and overall health and fitness. Come along and exercise in a friendly environment at your own comfortable level.				
Kettlercise	Alva Academy	6 to 7pm	£5.00 full price £2.60 access	Norma
Kettlercise is the single most effective Kettlebell fat burning workout which is designed to shape and sculpt your body for rapid fat loss and a lean toned body. It's fun, super quick and super effective. It's a stimulating, invigorating, safe and easy-to-follow, kettlebell inspired, calorie blitzing, fat blasting programme and people everywhere are loving the lightening quick results.				

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Thursday's

Adult ASN Class	Sauchie Hall	11 to 11.45am	£2.60	Shelby
A weekly exercise class for adults with disabilities or additional support needs. Includes adaptive movement exercises and is suitable for wheelchair users.				
Chi Kung	Sauchie Hall	2 to 3pm September only	£2.60	Margot
Gentle Chinese exercises suitable for all. Not only works very gently on the body at your own pace for improved movement but also on relaxing the mind. Classes are done in a relaxed and welcoming environment.				
Gentle Yoga	Lornshill Academy	6 to 6.45pm	£5.00 full price £2.60 access	Jaki
This is an all levels gentle yoga class to decompress, destress, and feel good. Gentle yoga is a great way to slow down, connect with your body, and calm your mind. This practice is ideal for anyone new to yoga, but everyone will enjoy this opportunity to open up their body, breathe deeply and simply feel good.				
Social Table Tennis	Alva Academy	6 to 8pm	£5.00 full price £2.60 access	Leisure Staff
Come along for a fun game of table tennis and play with your friends or with other people. No matter your ability come along and join. Full price cost for 2 hours is £5.00 but you can pay £2.60 for 1 hour.				
Seasonal Yoga	Lornshill Academy	7 to 8pm	£5.00 full price £2.60 access	Jaki
Seasonal yoga helps improve your flexibility, posture and core strength and the function of the respiratory, circulatory, digestive and hormonal systems using various yoga positions. Yoga also works with the meridians of the body and the energy of the seasons. Suitable for all levels of fitness.				
Female Only Weights Class	Alloa Academy	7 to 8pm	£5.00 full price £2.60 access	Elsbeth
The class is designed to help shape and tone muscles but will not increase the size of the muscles. Strength training can help you manage or lose weight, and it can increase your metabolism to help you burn more calories. It can enhance your quality of life and improve your ability to do everyday activities. Strength training can also protect your joints from injury.				

Friday's

HIIT Class	Online	9.30am	FREE	Kenny
Friday's Online Class is FREE and can be accessed through the Active Clacks Facebook Page!				
High Intensity Interval Training that can be done in the comfort of your own home. Helps improve your overall strength and cardio fitness. A great session that will get your heart and lungs working.				

Class booking is not essential!

We are working towards a cashless system, please pay by card wherever possible or bring the exact money to the classes as no change will be available.

Access price of £2.60 is for people over 60 and retired or anyone unemployed or on benefits.

If you require further information please contact:
Kenny Cook, Active Communities Officer on 01259 452334,
mobile 07812607425 or e-mail kcook@clacks.gov.uk

* The Lower Limbs classes are in partnership with the NHS and the first 4 classes are Free!

