

FITNESS CLASSES
FOR AMPUTEES

HAMPS Fit

Exercise should be challenging, but fun...

Want to keep active, meet people, have fun and improve your walking and fitness?

Then why not take part in a weekly fitness class at Waterlooville Community Centre. If you have had an amputation and would like to stay active and keep in contact with people in a similar position to you then this is the group for you. The classes are aimed at any level of ability and can even be done from a wheelchair. They are low intensity and fun. The group is run by an experienced tutor and is dedicated to those who have suffered limb loss.



The fitness classes will take place every Thursday 12 noon - 1pm at Waterlooville Community Centre (see back of leaflet for information about the centre and how to get there). The cost of each session is £3.50 per person.

If needed, transport can be arranged to help you get to the Community Centre, but this must be booked at least a day beforehand. Contact numbers for transport are on the back of this leaflet.

If you are interested in coming along, then please give us a ring on the telephone number below.

**For more information contact
Floyd on 077 6834 6450**

Friends, family members and carers are welcome to come along and watch or make use of the facilities at the Community Centre

The fitness classes are supported by the Disablement Services Centre (DSC) at St Mary's Hospital Portsmouth, BodyFocus Support Group and funded by the BIG Lottery Fund.



Waterlooville Community Centre

Tel: 023 9225 6823

Waterlooville Community Centre is situated in ASDA Car Park
10 Maurepas Way, Waterlooville, Hampshire PO7 7AY
Plenty of **FREE parking** available.

Opening hours:

Mon – Sat 9 am - midnight

Sun – by arrangement

Café Mon – Sat 9 am – 4 pm

Access

The Community Centre is wheelchair accessible including hall and café. There is a toilet for the disabled.

Facilities and Resources

HALL SEATING FOR 200. Other smaller rooms available for activities, meetings and functions

LIVE MUSIC ALLOWED

CAFÉ/CATERING FACILITIES

PHOTOCOPIER

Body Focus Support Group

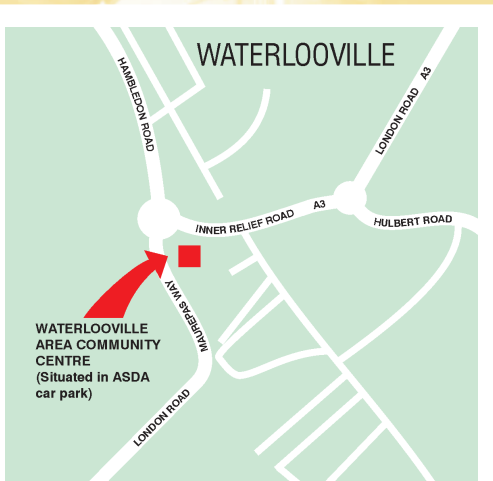
The BODYFOCUS SUPPORT GROUP was set up to support exercise teachers in the provision of self help exercise programmes for people who have been disadvantaged through accident or illness in order to improve their quality of life.

Contact: Terri on: **023 9224 1764**

Disablement Services Centre

St Mary's Hospital, Portsmouth

Tel: 023 9268 0162



Transport

If you require transport to get to the class, this can be arranged. If you need advice or wish to discuss your transport options please ring Terri on 023 9224 1764. To book transport please ring 075 3880 1565, listen to the message and follow the instructions.