

Testimonials

"I've discovered a strength I didn't know I had. Sue and her team are amazing - they know just when to push and when to give you a pat on the back!"

Shirley C., Toning

"It's a brilliant way to keep fit and I'm especially grateful for enabling us to workout at home. Thank you all!"

Jenny R., Dance





"I have been doing the online exercise classes since lockdown. They are a great way to start the day. I feel ready for anything!"

Anna R., Online, Outdoors and Couch to 5K

"It has totally turned my life around, increased my mobility and improved my outlook on life."

Mike, ESCAPE-pain

Exercise Grade Key

-  1 Suitable for beginners, new and returning exercisers
-  2 Suitable for intermediate and more stable exercisers
-  3 More advanced and intense class
-  4 Very advanced class for experienced exercisers only

About Us

Healthiness is a 'not-for-profit' health and fitness provider based in Liverpool which aims to improve quality of life for older and vulnerable adults.

We provide exercise and health education which is fun and adapted to your health concerns. We are currently delivering our programmes face-to-face as well as through social media and conference calling options.

For more information, please contact us:

-  (0151) 728 8874
-  info@healthinessltd.co.uk
-  www.healthinessltd.co.uk
-  HealthinessLtd
-  @LivHealthiness
-  LivHealthiness
-  Healthiness Ltd

For more information on public transport options for getting to our classes, please contact:



www.traveline.info
(0151) 236 7676

Healthiness

Providing everyone with the opportunity to be healthy!



Programme and Timetable
Starting June 2021

Healthiness

Face-to-Face Classes

We're gradually reintroducing our range of face-to-face classes in accordance with the government's ongoing guidelines.



50+ Let's Get Healthy

A wide range of exercise sessions for the over 50s best suited to fairly advanced exercisers.

Wednesday 9.30am - 12.30pm

9.30am - Dance Class
10.30am - Boxercise Class
11.30am - Toning Class

Friday 10.00am - 1.00pm

10.00am - Dance Class
11.00am - Toning Class
12.00pm - Stretch Class

All classes at:

Lark Lane Community Centre, Sefton Grove, L17 8XB

Functional Fitness

A class with exercise circuits and additional functional exercises, ideal for those who have completed the ESCAPE-pain course or other rehabilitation groups.



Monday 2.30pm - 3.30pm

Wednesday 2.30pm - 3.30pm

Lark Lane Community Centre, Sefton Grove, L17 8XB

Tuesday 2.30pm - 3.30pm

Thursday 2.30pm - 3.30pm

Anfield Sports Centre, Lower Breck Road, L6 0AG

Fun Fitness for All

Fun circuits and strength training class, especially adapted for all fitness levels. Includes time for tea and socialising!



Monday 9.30am - 10.30am

St Mary's Church Hall (Lilyfield Centre)
South Drive, L15 8JJ

Healthiness Walks

Free outdoor walks around 60 minutes in length, ideal for everyone to improve their health and wellbeing. All walks are dementia friendly.

Thursday 11.00am

Sefton Park walk



Friday 2.00pm

Garston Coastal Reserve walk



ESCAPE-pain

A rehabilitation programme for people with chronic arthritic joint pain, integrating an exercise regimen with educational self-management and coping strategies. The face-to-face course runs for six weeks and consists of twice-weekly classes. It costs £25 for the face-to-face, while the five week virtual programme is free of charge.



North Liverpool sessions

Tuesdays and Thursdays 1.00pm - 2.30pm

Anfield Sports Centre, Lower Breck Road, L6 0AG

South Liverpool sessions

Mondays and Wednesdays 1.00pm - 2.30pm

Lark Lane Community Centre, Sefton Grove, L17 8XB

Virtual sessions

Tuesdays and Thursdays 4.00pm - 5.00pm

Zoom App

escape pain

For more info about the programme, please visit
www.escape-pain.org

Healthiness Online

We offer a wide range of online classes on both Facebook and the Zoom app. For full details and setup instructions, please visit:
www.healthinessltd.co.uk/healthiness-online.php



Box & Tone Classes

Monday 10.00am (Facebook)
Thursday 10.00am (Facebook)

Toning Classes

Tuesday 10.00am (Facebook)
Friday 11.00am (Facebook, pre-recorded)

Dance Class

Friday 10.00am (Facebook, pre-recorded)

Stretch Class

Friday 12.00pm (Facebook, pre-recorded)

Chair-Based Classes

Fitness class with balance and strength training, adapted for adults with limited mobility and those at risk of falls. Class may be done seated or with the support of a chair.

Tuesdays and Thursdays 11.00am (Zoom)



Boot Camp

No matter what your goal, we can help you achieve it. Boot Camps without the 'boot'!



Monday 4.00pm

Outdoors meeting by Otterspool Adventure Centre,
Otterspool Drive, L17 5AL
(Please bring mat if possible)

Or online on Zoom if weather is inclement