

If you're interested in any of the activities, please contact Waterside on 0161 794 6788

# Waterside's Activity Programme

## MONDAY

PM  
13.30-16.30

PHYSICAL ACTIVITY



PM  
13.30-16.30

M.S.R



PM  
13.30-16.30

RELAXATION



PM  
13.30-16.30

REBOUND THERAPY  
FINISH TIME: 2.30PM



## TUESDAY

PHYSICAL ACTIVITY/  
ACTIVITY/GARDENING



M.S.R



RELAXATION



## WEDNESDAY

PHYSICAL ACTIVITY /  
HEALTHY HEARTS & HIPS



RELAXATION



M.S.R



## THURSDAY

PHYSICAL ACTIVITY /  
GARDENING



RELAXATION



M.S.R



## FRIDAY

EXERCISE WITH JENNY



RELAXATION



M.S.R



REBOUND THERAPY  
FINISH TIME: 2.30PM

