

## Fenwick Health & Wellbeing Centre Timetable (October 2018)

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>Morning</b>	Nail Cutting (First Mon of month)  Exercise with Lotty 09:30 – 10:30  Zumba 10:00 – 11:00  Zumba Gold 11:15 – 12:15  Cardio & Circuits (Active Lifestyles) 10:30 – 11:15  Balance & Mobility (Active Lifestyles) 11:15 – 12:00  Physiotherapy 8:30 - 12:30	Day Opportunities 10:00 – 15:00  Steady & Strong (Balance Classes) 10:45 – 11:45	Day Opportunities 10:00 – 15:00  CST (Cognitive Stimulation Therapy) memory session 10:00 – 11:00  CST (Cognitive Stimulation Therapy) maintenance memory session 11:30 – 12:30	Exercise with Lotty 09:30 – 10:30  Day Opportunities 10:00 – 15:00  Cardio & Circuits (Active Lifestyles) 10:30 – 11:15  Balance & Mobility (Active Lifestyles) 11:15 – 12:00	Walking Group 10:30 – 11:30 (Various dates- contact centre for details) Free  Carer's Café 10:30 – 12:00 (Third Friday of month) Free	Laughter Yoga 10:30 – 11:30 (second Saturday of month) Free
<b>Afternoon</b>	Phoenix Club 13:30 – 15:30	Relate 14:00 – 17:00	Physiotherapy 14:30 – 18:30	Relate Counselling 17:00 – 20:00  Solent Foot & Ankle Clinic 17:00 – 20:00		

Booking is essential for all classes – please call 023 8028 2862. Prices, services and class timings are subject to change. Please check with centre.

## Fenwick Health & Wellbeing Centre Price List (October 2018)

Class	Price
Cardio & Circuits (Active Lifestyles Class)	£3.60 per class (GP referral required)
Parkinson's Balance & Mobility (Active Lifestyles class)	£3.60 per class (GP referral required)
Exercise with Lotty	£3.95 per session
Zumba & Zumba Gold (Celia Stanwyck)	£5.00 per session (booking not essential)
Steady & Strong (Louise James)	£3.60 per class (assessment required prior to attending)
Gym Membership	£22.00 per month single membership (unlimited use) £5.00 per session pay as you go
Laughter Yoga	Free
CST Memory Sessions	£10.00 per session (phone 8028 6342)
CST Memory Maintenance Sessions	£10.00 per session

Therapy Price List (all by appointment)	Price
Physiotherapy and Acupuncture (Stephanie Hillier)	£40.00 per 30 minutes £50.00 per hour
Hypnotherapy (Lesley Lyle)	£80.00 per hour
Homeopathy (Pierre Vuilleumier)	£50.00 (1 <sup>st</sup> appointment) £40.00 (follow up appointment)  Children up to 16 years old £40.00 (1 <sup>st</sup> appointment) £30.00 (follow up appointment)
Counselling (Ally Levell)	£50.00 per 50 minute session
Counselling (Jonathan Blease)	£40.00 (initial assessment) 80 minutes £40.00 (subsequent ongoing) 50 minutes
Counselling (Joanne Wilson)	£25.00 (initial session) £40.00 (subsequent) 50 minutes, concessions available
Counselling (Lucy Furniss)	£20.00 (1 <sup>st</sup> session) £40.00 (subsequent) 50 minutes
Day Opportunities	£40.00 per day £5.00 lunch (optional) £5.00 transport per day £1.00 refreshments a day
Nail Clipping Service (Age Concern)	Telephone: (023) 8084 1199 for appointment and price
Phoenix Club	£5.00 per session
Relate	£55.00 per session Telephone: 02380 229761 for appointments
Reiki by New Forest nature & nurture	£45.00 per session (with 10% discount if you like and share their Facebook page New Forest nature and nurture). Telephone: 07519 177 211