

Fenwick Health & Wellbeing Centre Timetable (January 2019)

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

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 (January 2019)

Class	Price	Therapy Price List (all by appointment)	Price
Cardio & Circuits (Active Lifestyles Class)	£3.60 per class (GP referral required)	Physiotherapy and Acupuncture (Stephanie Hillier)	£40.00 per 30 minutes £50.00 per hour
Parkinson's Balance & Mobility (Active Lifestyles class)	£3.60 per class (GP referral required)	Hypnotherapy (Lesley Lyle)	£80.00 per hour
Exercise with Lotty	£3.95 per session	Homeopathy (Pierre Vuilleumier)	£50.00 (1 st appointment) £40.00 (follow up appointment)
Zumba & Zumba Gold (Celia Stanwyck)	£5.00 per session (booking not essential)		Children up to 16 years old £40.00 (1 st appointment) £30.00 (follow up appointment)
Steady & Strong (Louise James)	£3.60 per class (assessment required prior to attending)	Counselling (Ally Levell)	£50.00 per 50 minute session
Gym Membership	£22.00 per month single membership (unlimited use) £5.00 per session pay as you go	Counselling (Jonathan Blease)	£40.00 (initial assessment) 80 minutes £40.00 (subsequent ongoing) 50 minutes
Laughter Yoga	Free	Counselling (Lucy Furniss)	£20.00 (1 st session) £40.00 (subsequent) 50 minutes
CST Memory Sessions	£10.00 per session (phone 8028 6342)	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