

Cardiac Rehabilitation Program

Joe Wilkinson 07812302054 Kerry Stewart 07767005676



A Derby City Council Project

Day	Session	Venue	Start	Finish	Advisor
Monday	Low Impact Circuits	St Marys Church	11:30	12:30	Joe W
Monday	Gym Drop In	Queens Leisure Centre	13:30	15:00	Joe W
Tuesday	Gym Drop In	Springwood Leisure Centre	10:30	12:00	Joe W
Wednesday	Low Impact Circuits	St Marys Church	18:00	19:00	Joe W
Thursday	Low Impact Circuits	Springwood Leisure Centre	14:30	15:30	Kerry

Beginners walks upto 45 minutes					
Thursday	Walking for Health	Normanton Park	10:00		Sufyaan
Thursday	Walking for Health	Alvaston Park	12:00		Andy & Aimee

Intermediate walks 45-90 minutes					
Monday	Walking for Health	Mickleover Community Centre	10:15		Sandra
Tuesday	Walking for Health	Springwood Leisure Centre	10:00		Rania
Tuesday	Walking for Health	Derby City Council House	12:45		Andy
Wednesday	Walking for Health	Mackworth Library	10:00		Joe W
Wednesday	Walking for Health	Sinfin Library	13:30		Stephen
Thursday	Walking for Health	Alvaston Park	12:00		Andy & Aimee
Friday	Walking for Health	Osmaston Park Community Centre	10:00		Phil & Carole
Saturday (Monthly)	Walking for Health	King George V Playing Fields	14:00		Gill

Advanced walks 90-120 minutes					
Wednesday	Walking for Health	Mackworth Library	10:00		Bharti & Garry
Thursday	Walking for Health	Mickleover Community Centre	18:45		Sandra & Andy W

All activities & sessions subject to change and may occasionally be cancelled

Venue details

Alvaston Park Community Building, Alvaston Park, Derby DE24 8QQ

The Council House, Corporation Street, Derby, DE1 2FS

King George V Playing Fields car park, Carlisle Ave, Littleover, Derby, DE23 3ET

Mackworth Library, Prince Charles Ave, Mackworth, Derby, DE22 4BG

Mickleover Community Centre, Uttoxeter Road, Mickleover, Derby, DE3 0DA

Mickleover Library, Holly End Rd, Derby, DE3 0EA

Normanton Park, Warwick Ave, Normanton, Derby, DE23 8DA

Queen's Leisure Centre, Cathedral Road, Derby, DE1 3PA

Sinfin Library, Arleston Lane, Sinfin, Derby, DE24 3DS

Springwood Leisure Centre, Springwood Drive, Oakwood, Derby, DE21 2RQ

St. Augustine's Community Centre, Almond Street, Derby DE23 6LX

St Mary's Community Hall, Barrett St, Derby DE24 0EN