

Salli's



Happy Hearts

Class Format

Heart Health

Combines simple and fun aerobic moves to help improve heart and lung efficiency. With muscular strength and endurance stretch and stability exercises The Full Monty (No floor work involved). Lots of modifications allowing you to work within your own needs and abilities. This is perfect if you are continuing from an NHS rehabilitation phase 3 / phase 4 programme.

HOW TO BOOK

For more information about us or to BOOK a Class:

Visit our website: www.sallishappyhearts.co.uk

OR email us directly: info@sallishappyhearts.co.uk

OR telephone Salli: 07969909162



Facebook.com/SallisHappyHearts.co.uk

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Online Class Timetable 2024

The following Classes are 45 mins long (unless stated otherwise) and take place Via Zoom. See our website for full details of all of our classes.

TUESDAYS

10.30am Heart Health

11.30am Power Up

THURSDAYS

10.30am Heart Health

Prices

- £20.00, per month for any one class per week
- £35.00, per month for unlimited classes each week
- £10.00, per session for personal training, payable per 6 week block

These prices include a replacement recorded session upon request if you can't attend a live session.

All classes payable by Cash, Cheque or by bank transfer.

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Face to Face Class Timetable 2024

MONDAYS

10.30am – 11.30am South Newton village hall Salisbury, SP2 0PJ

1.30pm – 2.30pm Wyndham hall Amesbury SP4 7EU.

Tuesday

2pm – 4.30pm Heart Health and Exercise Programme/ Phase III

South Newton village hall Salisbury, SP2 0PJ, details of each course are on our website.

Thursday

4pm – 5pm Codford village hall Warminster BA12 0PP

FRIDAYS

11am – 12pm Shaftesbury Youth Club, SP7 8PF

All classes payable by Cash, Cheque or by bank transfer.

Prices

- £10.00, per class payable per month
- £16.00, per couple per class payable per month
- £25.00, per session for personal training