



Byfleet Healthy Hearts

Sandra and Viv are both Reps Level 4 exercise instructors specialising in rehabilitation of Cancer, Cardiac, Doctor Referral and many other areas and currently run four exercise classes a week at Byfleet Village Hall. To ensure you get the best possible attention we endeavour to have two instructors present during each session, particularly in the morning. The classes are predominately aimed at anyone who has recovered from a heart incident, such as heart attack, stents, bypass graft, replacement valve etc. Cancer Rehabilitation, whether you are waiting, currently going through or post treatment. Or under doctor referral i.e. High blood pressure, osteoporosis.

However the classes are available to everyone so if you feel you would benefit from increasing the amount of exercise you do with expert help please contact us for further information.

The classes are all £5 per session and are held at the following days/times:

Monday	19:30-20:30	Main Hall	Lead instructor Viv Holden
Tuesday	10:00-11:00	Main Hall	Lead instructor Sandra Gates
Wednesday	18:30-19:30	A Room	Lead instructor Viv Holden
Friday	10:00-11:00	Main Hall	Lead instructor Sandra Gates

Contact Details: Sandra (specialising in Cancer and Cardiac Rehabilitation, GP Referral)
mobile: 07768 790887 Email: Sandra_gates36@yahoo.co.uk

Viv (specialising in Cardiac & Stroke Rehabilitation and GP Referral)
mobile: 07973 825279 Email: vivholden@ymail.com

If you are interested in joining our classes please call for more information and we look forward to welcoming you.