

OLDER ADULTS PHYSICAL ACTIVITY PROGRAMME (60+)



SHINE >>

Information on the SHINE sessions, health benefits and how to contact us...
shine@wokingham.gov.uk

Valid from January 2019

www.wokingham.gov.uk/shine



www.wokingham.gov.uk/shine

Getting involved with SHINE >>

If you are interested in getting involved with SHINE, either as an instructor or volunteer we would like to hear from you. Please email your interest to: shine@wokingham.gov.uk
All information is correct on date of publishing

Merchandise >>



You can now purchase SHINE tops and SHINE gift vouchers.
To order your SHINE top, visit: www.togaspports.co.uk/club-shops/shine.html
SHINE Gift vouchers: email shine@wokingham.gov.uk with your request.

Gym & Swim >>

As a SHINE member you can apply for a Gym & Swim card to be used at any of the Places for People Leisure Centres in Wokingham Borough. This card entitles the holder to a reduced rate to use the gym or go for a swim, £2.50 for each activity. You apply and pay directly to the leisure centre when you attend. It is not included in the SHINE membership.

To apply, show your SHINE coupon card to the Places for People Leisure Centre of your choice and they will issue your Gym & Swim card to you.

Time restrictions apply – visit www.wokingham.gov.uk/shine and click 'gym and swim for over 60's' in the right hand column.

Health Benefits >>

The Department of Health recommends that every adult should get 21/2 hours a week of moderate intensity aerobic exercise, plus muscle strengthening exercises at least twice a week.

That may seem a lot but as well as attending your choice of SHINE classes, don't forget that many daily activities can count towards your amount of weekly exercise.

Other health benefits include:

- Helps to maintain cognitive function (brain function)
- Reduces cardiovascular risk (risks of heart disease)
- Improves mood and can improve self-esteem
- Reduces the risk of falls
- Helps with weight loss and maintenance, increased mobility and strength
- Helps to increase mobility and strength

What's Stopping You? >>

"I don't have the time!"

Make physical activity part of your daily routine. Dedicate some time every day, even if it is only a few minutes. Some activity is better than none!

"I'm too old!"

You are never too old to feel the benefits of exercise. You are more than likely to feel the benefits sooner than expected!

"I'm too tired!"

Staying active as we get older can greatly improve our health and wellbeing, in fact it can help to keep you mobile, independent and improve your sleeping patterns which will result in you having more energy, feel less tired and more relaxed.

"My health isn't good enough"

Participating in physical activity sessions can help with most health conditions.

Please Note: You are strongly advised to consult your GP prior to taking part in any new exercise session on the SHINE programme, especially if you have a medical condition. All participants take part in the activity organised by SHINE at their own risk.

How to Join >>

To take part in SHINE classes, you will need to complete our consent form and choose one of the following payment options:

- Monthly direct debit of £21.25 a month
- Annual membership of £185
- X 10 coupon card for £32.50 (£3.25 per class)
- Free Try It Out coupon to try out one class

For more information on SHINE and membership options, please visit: www.wokingham.gov.uk/shine Email: shine@wokingham.gov.uk or call: (0118) 974 3728.

The SHINE website pages include detailed information on the membership options, how to join and a consent form. They are also regularly updated with information on the classes, availability and instructors' holiday dates.

What to wear to a SHINE session

- Suitable clothing
- Loose and comfortable clothing. Layers are best in colder weather
- Suitable footwear
- Well fitting, flat soled shoes are the safest option

What to bring to a SHINE session

- Drink – bottle of water
- Light snack – recommended for diabetics in case of low sugar levels
- Inhalers – those with asthma should always carry their inhalers
- Membership card or coupon card – please bring to every session

Session availability

Some SHINE sessions may be full so please check the website or contact the SHINE team before attending a class for the first time.

Cancellations

Wokingham Borough Council reserves the right to cancel any course if they consider it necessary.

From time to time, instructors may be ill and unable to teach the sessions at late notice. Every effort will be made to find cover or contact participants to inform them of the cancellation – this may be by phone, email or on the SHINE website.

Refunds are not given for classes cancelled outside of our control.

Please be aware the refunds are not given for partially unused coupon cards or cancelled annual memberships.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LINE DANCING 10am to 11am Christchurch Hall, Woodley RG5 3LA	PILATES 10am to 11am St Crispins Leisure Centre RG40 1SR	SEATED MOVEMENT TO MUSIC 9.45am to 10.45am Wokingham Baptist Church RG40 1DE	PILATES 10am to 11am St Crispins Leisure Centre RG40 1SR	STRETCH AND RELAX 10am to 11am Loddon Hall, Twyford RG10 9JA	PILATES 9.30am to 10.25am Ashridge Room, Wokingham RG40 5QG
NORDIC WALKING 10am to 11am Dinton Pastures, Country Park RG10 0TH	STRETCH AND RELAX 10am to 11am Emmanuel Church Hall, Woodley, RG5 3QW from 30 October	PILATES 9.45am to 10.30am St Marys Church, Twyford RG10 9NT	AQUACISE 10.15am to 11.15am Carnival Pool RG40 2AF	AQUACISE 10.15am to 11am Loddon Valley Leisure Centre RG6 4GD	PILATES 10.30am to 11.25am Ashridge Room, Wokingham RG40 5QG
TAI CHI 10.30am to 11.30am 12noon to 1pm Loddon Valley Leisure Centre RG6 4GD	AQUACISE 10.15am to 11.15am Carnival Pool RG40 2AF	SEATED MOVEMENT TO MUSIC 10am to 11am Christchurch Hall, Woodley RG5 3LA	PILATES 11am to 12 noon St Crispins Leisure Centre RG40 1SR	ZUMBA GOLD 10.30am to 11.30am Loddon Valley Leisure Centre RG6 4GD	
SUPPLE AND STRONG 11.30am to 12.30pm Finchampstead Baptist Church RG40 4ES	PILATES 11.05 to 12 noon St Crispins Leisure Centre RG40 1SR	LINE DANCING 10.30am to 11.30am Loddon Valley Leisure Centre RG6 4GD	ZUMBA GOLD 11.30am to 12.25pm DanceVibez studio, Woodley RG5 3JP	PILATES 11am to 11.55am St Crispins Leisure Centre RG40 1SR	
STANDING MOVEMENT TO MUSIC 11.30am to 12.30pm St Crispins Leisure Centre RG40 1SR	PILATES 12.30am to 1.30pm DanceVibez studio, Woodley RG5 3JP	PILATES 10.35am to 11.20am St Marys Church, Twyford RG10 9NT	ZUMBA GOLD 12.35pm to 1.30pm DanceVibez studio, Woodley RG5 3JP	ZUMBA GOLD 11am to 12 noon Finchampstead Baptist Church RG40 4ES	
LINE DANCING 11.45am to 12.45pm Christchurch Hall, Woodley RG5 3LA	ZUMBA GOLD 12.45 to 1.40pm St Crispins Leisure Centre RG40 1SR	PILATES 11am to 12noon Emmanuel Church Hall, Woodley RG5 3QW	FOREVER JHOOM 1.45pm to 2.45pm St Crispins Leisure Centre RG40 1SR	WALKING FOOTBALL 11.30am to 12.25pm Loddon Valley Leisure Centre RG6 4GD	
WALKING FOOTBALL 12 noon to 1pm Loddon Valley Leisure Centre RG6 4GD	CIRCUITS 1.05pm to 1.40pm The Pod at Loddon Valley Leisure Centre	STANDING MOVEMENT TO MUSIC 11.15am to 12.15pm Christchurch Hall, Woodley RG5 3LA	OUTDOOR BOWLS 2pm to 2.55pm Hurst Bowling Club Hurst, RG10 0SJ <i>Summer Activity Only</i>	LINE DANCING 11.30am to 12.30pm Loddon Hall, Twyford RG10 9JA	
STRETCH AND RELAX 12noon to 1pm Emmanuel Church Hall, Woodley RG5 3QW	ZUMBA GOLD 1.50pm to 2.45pm St Crispins Leisure Centre RG40 1SR	SEATED MOVEMENT TO MUSIC 12.30pm to 1.30pm Christchurch Hall, Woodley RG5 3LA	SHORT MAT BOWLS 2pm to 4pm Ashridge Room, Wokingham RG40 5QG	PILATES 12.05pm to 1pm St Crispins Leisure Centre RG40 1SR	
PILATES 1pm to 2pm Loddon Valley Leisure Centre RG6 4GD	PILATES 2.05pm to 3pm Loddon Valley Leisure Centre RG6 4GD	OUTDOOR CYCLING 1pm to 3pm Finchampstead Baptist Centre RG40 4ES <i>Summer Activity Only</i>	STRETCH AND RELAX 5.30pm to 6.30pm Live Well Gym, Loddon Valley Leisure Centre, RG6 4GD	PILATES 12.35pm to 1.30pm from 4 Jan 19 Loddon Hall, Twyford RG10 9JA	KEY  TERM TIME ONLY  PAID PARKING  FREE PARKING  REFRESHMENTS Please note: Some classes have limited availability, we advise you check with us before attending a new class. Email: shine@wokingham.gov.uk Tel: (0118) 974 3728 To register your interest in a class please email: shine@wokingham.gov.uk or telephone (0118) 974 3728
FOREVER JHOOM 1.30pm to 2.30pm DanceVibez studio, Woodley RG5 3JP	SHORT MAT BOWLS 2pm to 4pm Ashridge Room, Wokingham RG40 5QG	STRETCH AND RELAX 1.30pm to 2.30pm Wokingham Baptist Church RG40 1DE	PILATES 6pm to 7pm Ashridge Room, Wokingham RG40 5QG	FITSTEPS FAB 1.30pm to 2.30pm Wokingham Baptist Church RG40 1DE	
PURE STRETCH 2pm to 3pm Loddon Valley Leisure Centre RG6 4GD	PILATES 5.30pm to 6.25pm Ashridge Room, Wokingham RG40 5QG	LINE DANCING 1.45pm to 2.45pm from 24 October St Crispins Leisure Centre RG40 1SR	PILATES 7pm to 8pm Ashridge Room, Wokingham RG40 5QG	TENNIS 1.30pm to 2.30pm Cantley Park, Wokingham RG40 5QG	
SEATED MOVEMENT TO MUSIC 2pm to 3pm Earley St Peters Church Hall RG6 1EY		CORE STRENGTH 4.30pm to 5.25pm Ashridge Room, Wokingham RG40 5QG		LATINO DANCE 2pm to 3pm Loddon Valley Leisure Centre RG6 4GD	
PILATES 2pm to 3pm Finchampstead Baptist Church RG40 4ES		CORE STRENGTH 5.30pm to 6.25pm Ashridge Room, Wokingham RG40 5QG			
PILATES 2.30pm to 3.25pm Ashridge Room, Wokingham RG40 5QG					