

# DO YOU KNOW SOMEONE OVER 50?

## Happy Hearts 50+ Class

Day: Thursday Time: 12:30-13:30

Venue: The Studio Gym, Telford Road, Clacton-on-Sea, Essex, CO15 4LP

Heart attack	Coronary bypass surgery	COPD/Asthma
Heart Failure	Stent or angiogram	Diabetes I and II
Angina	Pacemaker or ICD	MS, Parkinson's
Valve surgery	High blood pressure	Stroke
Claudication (leg pain)	Weight loss/Obesity	Joint problems

### What does it involve?

This is a circuit based class that consists of both lower impact and higher intensity exercises allowing you to work to your own pace and catch your breath if you need to. We use a range of fun equipment-free exercises as well as safe and appropriate free-weight equipment. The group of participants are very welcoming, friendly and positive and are always encouraging one another. They describe this class as “friendly”, “Non-judgemental”, “good supervision”, “set your own pace” and “good for fitness”.

### Who runs it?

Sarah is a qualified cardiac rehabilitation specialist instructor with almost 10 years experience training people from all walks of life with various medical conditions. She used to work for the (NHS) ACE phase III team teaching and assisting the fitness classes with the cardiac nurses. **07736975344 sarahbockhart@hotmail.com**

### How much?

£5 per session