

Our other group exercise classes include  
**Fatigue and breathlessness group**  
**Pilates mat/chair work group**

# Circuit classes group

If you are interested in this class, please speak to your homecare nurse, day centre nurse or give your name to the Anniversary Centre Coordinator. We will then contact you.

Every Tuesday, Wednesday and Friday  
12 noon to 1pm  
at St Christopher's Hospice



51-59 Lawrie Park Road, London SE26 6DZ  
Telephone 020 8768 4500 Fax 020 8659 8680  
[www.stchristophers.org.uk](http://www.stchristophers.org.uk)

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# Circuit classes group

**Circuit classes is one type of group exercise class we run at St Christopher's. The following information should answer some of the questions you may have about participating and whether this type of class is suitable for you.**

**What is a circuit class?** A circuit class has a number of different 'stations' or locations around the gym. At each station you do one exercise, for a set period of time before moving on to the next one. Normally there will be nine different exercises which work the heart and lungs or strengthen joints and muscles or improve coordination. There will be opportunities to rest.

**Who can attend?** The classes are open to every one under the care of St Christopher's, providing a one to one physiotherapy assessment has been carried out first.

## **What can I expect from each session?**

Each session will include a warm up and cool down, a short talk and individual exercises on different equipment. Exercises may vary from week to week, and the level of input will always be modified according to how you are on the day. At the start of the class you will be given your exercise diary to record your progress.

**What should I wear?** Please wear comfortable clothing that allows you to move freely and trainers or sensible shoes.

**What time should I arrive?** If possible, please arrive at least 10 minutes before the class is due to start.

**How often can I come?** You can attend for a total of nine sessions. After that you will meet with your physiotherapist who will discuss ongoing options with you.

**What if I have other questions?** There will be opportunities to ask questions of the physiotherapist leading the group before and after each session. We will also discuss the whole process with you before you start attending classes.