

GET ACTIVE AT HOME SESSION TIMETABLE

Blackburn with Darwen's RE:FRESH team is dedicated to supporting the health and wellbeing of people living and working in our Borough. While current restrictions mean that we can't do this in person, we have scheduled a number of FREE online sessions to help keep you active at home. Please see the timetable below for more details:

Sessions aimed at beginners or those returning to exercise after some time.

Ante and post natal sessions aimed at new mums and mums to be.

Learning through play sessions aimed at children under 4.

MONDAY

Session/Time	Description	How to Access
Legs, Bums and Tums 9.15am - 10am	A low intensity workout to specifically target the lower body and abdominal muscles. You will need an exercise mat and some water.	https://bit.ly/36hiEvu Meeting ID: 826 4428 2921 Passcode: 002736
Prepare Your Core and Pelvic Floor 9.15am - 10am	A chance to connect with your growing baby while preparing & strengthening your muscles ready for labour & birth. Suitable at any stage of pregnancy. You will need an exercise mat and some water.	https://bit.ly/32vEnim Meeting ID: 854 6341 1821 Passcode: 205151
Baby Rhyme Time 10.30am - 11am	Rhyme time is a fun and interactive session for babies, toddlers and their parents or carers. Aimed at babies and toddlers under 2 with their parents and carers. The session is based on sharing nursery rhymes, action songs and stories. It is fun, interactive and noisy!	https://bit.ly/35gCEz7 Meeting ID: 816 8153 5871 Passcode: 696906
Walking Workout from Home 11am - 11.45am	Bringing our popular walking workout session to the home. A low level exercise class incorporating strength, balance, flexibility and relaxation as well as getting in some of your daily steps.	https://bit.ly/3eS7Tnm Meeting ID: 869 3736 8714 Passcode: 712004
Light Aerobics 12.15pm - 1pm	An aerobics class perfect for beginners or those just getting back into exercise.	https://bit.ly/33tumCr Meeting ID: 851 5883 4706 Passcode: 140848
Start Well Brew and a Chat 11am - 11.30am	Take time for yourself. A chance for mums and mums to be to make friends, chat about any topic you like, ask questions and offload!	https://bit.ly/2VmqqY2 Meeting ID: 816 8153 5871 Passcode: 696906
Chair Based Exercise 2pm - 2.45pm	A low level class suitable for beginners, incorporating a chair. Good for improving strength and balance. You will need a sturdy chair and a small weight such as a small bottle of water or hand weights	https://bit.ly/3eM6b6S Meeting ID: 838 5032 7759 Passcode: 440320
Live Well Brew and a Chat 2.30pm - 3pm	If you fancy a natter, make yourself a brew and join us for a friendly and informal chat. A great way to meet other likeminded people and stay connected.	https://bit.ly/3mrm4Tg Meeting ID: 828 3120 2445 Passcode: 328157

TUESDAY

Session/Time	Description	How to Access
Mini Movers 9.30am - 10.15am	Music and movement session where toddlers, with their parents/carers can have fun together. Suitable for 2-4 years.	https://bit.ly/32EnYbq Meeting ID: 884 3344 2988 Passcode: 577952
Legs, Bums and Baby 11am - 12pm	Gently improve fitness levels and increase strength of muscles weakened throughout pregnancy. Suitable for new mums after 6-8 week check/12 week C-section and until baby is 9 month old. Please have an exercise mat, a blanket for baby and water for this session.	https://bit.ly/3liBk4l Meeting ID: 891 9404 7756 Passcode: 169930
Tai Chi 12.15pm - 1pm	Tai Chi combines deep breathing and relaxation with flowing movements. Suitable for beginners.	https://bit.ly/35gnQQO Meeting ID: 820 7655 6933 Passcode: 391716
Stretch and Tone 5.30pm - 6.15pm	A great class for beginners incorporating low level exercises that will help you burn calories and feel great.	https://bit.ly/35flwZb Meeting ID: 860 5356 5284 Passcode: 818388
Relaxation for All 6.30pm - 7pm	A gentle class designed to help relax the body and mind.	https://bit.ly/3kp2c17 Meeting ID: 868 8704 3696 Passcode: 527742

WEDNESDAY

Session/Time	Description	How to Access
Mini Movers 9.30am - 10.15am	Music and movement session where toddlers, with their parents/carers can have fun together. Suitable for 2-4 years.	https://bit.ly/32EnYbq Meeting ID: 884 3344 2988 Passcode: 577952
Pilates 10am - 11am	This Pilates class is ideal for beginners. You will need a mat and a drink of water.	https://bit.ly/38thkbv Meeting ID: 853 9534 8049 Passcode: 097009
Walking Workout from Home 11.30am - 12.15pm	Bringing our popular walking workout session to the home. A low level exercise class incorporating strength, balance, flexibility and relaxation as well as getting in some of your daily steps.	https://bit.ly/3eS7Tnm Meeting ID: 869 3736 8714 Passcode: 712004
Wheely Fit at Home 1.30pm - 2.15pm	Get moving with our low level exercise session suitable for new mums after 6-8 week check/12 week C-section where baby can come too. Clear some space at home and bring a mat or a towel and some water.	https://bit.ly/3n8RJc2 Meeting ID: 819 7082 1950 Passcode: 552284
Strength and Balance Circuit 1.30pm - 3pm	Weekly Balance and Strength Circuit online class. Every Wednesday at 1.30pm. The session will last approximately 30 minutes with time after for a brew and a quiz.	https://bit.ly/2UeoKao Meeting ID: 828 8700 5861 Passcode: 335606
Legs, Bums and Bump 6.15pm - 7pm	A low level session which focuses on keeping muscles strong throughout pregnancy in preparation for labour and birth. Connect with your growing baby. Suitable from 12 weeks of pregnancy. You will need an exercise mat and a towel for this session.	https://bit.ly/38tigwA Meeting ID: 865 7671 8235 Passcode: 810424

THURSDAY

Session/Time	Description	How to Access
Restore Your Core and Pelvic Floor 10am - 11am	Suitable for all. This session will focus on rebuilding core strength and pelvic floor muscles. You will need a mat and some water for this session.	https://bit.ly/3kjBJ50 Meeting ID: 822 5734 2798 Passcode: 667999
Live Well Quiz and Chat 11.15am - 12pm	Connect with others, test your knowledge whilst enjoying a brew and chat	https://bit.ly/3nfAZ2t Meeting ID: 889 3986 7062 Passcode: 627734
Dance Fitness 5.30pm - 6.15pm	Dance your way to fitness with our fun live session every Thursday at 5.30 with Kim.	https://bit.ly/3phTcif Meeting ID: 863 7789 3896 Passcode: 899748
Pregnancy Pilates 6.30pm - 7.15pm	Prepare for labour and birth by strengthening your tummy muscles to reduce back pain through pregnancy. Focus on working muscles for getting baby out. Suitable from 12 weeks of pregnancy. You will need a mat and some water for his session.	https://bit.ly/2ldNuxb Meeting ID: 847 8932 9393 Passcode: 254021

FRIDAY

Session/Time	Description	How to Access
Legs, Bums and Baby 10am - 11am	Gently improve fitness levels and increase strength of muscles weakened throughout pregnancy. Suitable for new mums after 6-8 week check/12 week C-section and until baby is 9 month old. Please have an exercise mat, a blanket for baby and water for this session.	https://bit.ly/3liBk4l Meeting ID: 891 9404 7756 Passcode: 169930
Walking Workout from Home 12.30pm - 1.15pm	Bringing our popular walking workout session to the home. A low level exercise class incorporating strength, balance, flexibility and relaxation as well as getting in some of your daily steps.	https://bit.ly/3eS7Tnm Meeting ID: 869 3736 8714 Passcode: 712004

YOU CAN ALSO FIND US ON:



www.refreshbwd.com



Search for re:refresh Blackburn with Darwen and join our groups 'Live Well BwD' or 'Start Well BwD'



Search for refreshbwd



Search for Leisure Health and Wellbeing Blackburn with Darwen

HOME EXERCISE PACKS AND TELEPHONE SUPPORT

If digital is not for you, the re:refresh team can also offer support for physical activity and weight management over the phone. They can even send out home exercise packs to help improve strength and balance.

For more information call 01254 682037 or email wellbeing@blackburn.gov.uk