



Online Classes

Monday, Thursday and Saturday

10 - 11am

Fit Heart classes are designed for people with heart disease, family history of heart disease or those who wish to maintain and improve their general level of fitness. Our classes are designed so you can exercise at your own optimum level in a friendly and engaging session.

All classes are run by a British Association for Cardiac and Pulmonary Rehabilitation (BACPR) trainer instructor.

To take part in the session there must be at someone else in the household or in the room during the session for safety purposes!

To take part please contact:

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Email: matthewday01@hotmail.com

Web: www.fitheart.co.uk