



# Improve your cardiac health

Join our local fitness sessions run by  
fully qualified cardiac instructors

Continue your recovery  
and start your long term  
lifestyle changes today.



## OUR CURRENT EXERCISE SESSIONS

Jennyfield Styan Centre

Monday 1.00 – 2.00pm

Calcutt Village Hall

Wednesday 6.15 – 7.15pm

Friday 1.00 – 2.00pm

Zoom Classes (online)

Tuesday & Thursday 9.30 – 10.10am

The Harrogate Heart Support Group is run by volunteers who have first-hand experience of heart conditions. Our fitness instructors are fully qualified to support participants with heart related problems.

The group is self-funded and aims to guide people looking to maintain physical fitness. Our sessions give time to talk and share experiences and also provide opportunities to meet socially.

**For Information on how to participate, please email:**

[info@hhsg.org.uk](mailto:info@hhsg.org.uk)

Or visit our website for more details: [hhsg.org.uk](http://hhsg.org.uk)

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Harrogate Heart Support Group  
is affiliated to the  
British Heart Foundation.

