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| --- | --- | --- | --- | --- | --- |
| **ACTIVITY** | **LOCATION** | **TIME** | **INSTRUCTOR** | **START DATE** | **END DATE** |
| **MONDAY \*\***  **\*\*** **May 6th/27th are statuary holidays. Subject to tutor approval, groups may choose to cancel/rearrange classes.** | | | | | |
| **Boxing**  **Max 16** | St Agnes  Boxing Club.  Andersonstown Rd. | 5.15 - 6.30 pm  8 Weeks | Jimmy McGrath | Monday  29/04/24 | Monday  24/06/24 |
| **Yoga**  **Max 20** | ZOOM | 7.30 - 8.30 pm  8 Weeks | Eileen Rocks | Monday  29/04/24 | Monday  24/06/24 |
| **Pilates**  **Beginners\***  (New to Pilates or completed less than 3 blocks)  **Max 14** | ZOOM | 6.00 - 7.00 pm  8 Weeks | Jean Byrne | Monday  29/04/24 | Monday  24/06/24 |
| **Pilates**  **Improvers\***  (Completed more than 3 Pilates beginner blocks)  **Max 16** | ZOOM | 7.00 - 8.00pm  8 Weeks | Jean Byrne | Monday  29/04/24 | Monday  24/06/24 |
| **Pilates**  **Advanced\***  (Completed 3 Improver blocks or experienced in Pilates)  **Max 16** | ZOOM | 8.00 - 9.00 pm  8 Weeks | Jean Byrne | Monday  29/04/24 | Monday  24/06/24 |
| **\*The above Pilates classes are Physio Instructor led and will require completion of a short facilitator registration form before participation.** | | | | | |
| **Pilates**  **Max 18** | ZOOM | 6.30 - 7.30 pm  8 Weeks | Lisa Maxwell | Monday  29/04/24 | Monday  24/06/24 |
|  |  |  |  |  |  |
| **TUESDAY \*** | | | | | |
| **Football**  **Max 20** | Grosvenor Recreation Centre | 5.00 – 6.00 pm  8 Weeks | Adam Stanley  Philip Frizzell | Tuesday  07/05/24 | Tuesday  25/06/24 |
| **Pilates**  **Max 18** | ZOOM | 6.00 – 7.00 pm  8 Weeks | Fionnuala Keohane | Tuesday  07/05/24 | Tuesday  25/06/24 |
| **\*Introduction to Drawing**  **Max 17** | ZOOM | 7.00 – 8.30 pm  8 Weeks | Beverly Healey | Tuesday  30/04/24 | Tuesday  18/06/24 |
| **Pilates**  **Max 18** | ZOOM | 8.00 - 9.00 pm  8 Weeks | Linda Fennell | Tuesday  07/05/24 | Tuesday  25/06/24 |
| **ACTIVITY** | **LOCATION** | **TIME** | **INSTRUCTOR** | **START DATE** | **END DATE** |
| **Choir**  **No limit** | Musgrave Park Hospital Church | 5.45 - 7.00 pm  8 Weeks | Keith Acheson | Tuesday  07/05/24 | Tuesday  25/06/24 |
| **Zumba**  **No limit** | ZOOM | 5.45 - 6.45 pm  8 Weeks | Maura Ward | Tuesday  07/01/24 | Tuesday  25/06/24 |
|  |  |  |  |  |  |
| **WEDNESDAY** | | | | | |
| **Yoga**  **Max 18** | ZOOM | 5.45-6.30pm  8 Weeks | Nicki Fulcher | Wednesday  08/05/24 | Wednesday  26/06/24 |
| **Boxercise**  **Max 18** | St Agnes  Boxing Club.  Andersonstown Rd. | 5.15 - 6.30 pm  8 Weeks | Jimmy McGrath | Wednesday  08/05/24 | Wednesday  26/06/24 |
|  |  |  |  |  |  |
| **THURSDAY** | | | | | |
| **Football**  **Max 20** | Grosvenor Recreation Centre | 5.00 - 6.00 pm  8 Weeks | Adam Stanley  Philip Frizzell | Thursday  09/05/24 | Thursday  27/06/24 |
| **Outdoor**  **Fitness Club\***  **Max 15** | Knockbracken Outdoor Gym  KHCP | 5.30 - 6.30pm  8 Weeks | Will Moore | Thursday  09/05/24 | Thursday  27/06/24 |
| **\*Due to instructor availability, week 4 will take place at the same time on Wednesday 29th of May.** | | | | | |
| **Zumba**  **No limit** | ZOOM | 5.45 - 6.45pm  8 Weeks | Maura Ward | Thursday  09/05/24 | Thursday  27/06/24 |
| **Pilates**  **Max 16** | ZOOM | 7.00 - 8.00 pm  8 Weeks | Lisa Maxwell | Thursday  09/05/24 | Thursday  27/06/24 |
| **Yoga**  **Max 14** | ZOOM | 7.00 - 8.00 pm  8 Weeks | Nicki Fulcher | Thursday  09/05/24 | Thursday  27/06/24 |
| **Beginners**  **Pilates**  **Max 18** | ZOOM | 7.30 - 8.30pm  8 Weeks | Linda Fennell | Thursday  09/05/24 | Thursday  27/06/24 |
| **Pilates**  **Max 16** | ZOOM | 8.30 - 9.30 pm  8 Weeks | Fionnuala Keohane | Thursday  09/05/24 | Thursday  27/06/24 |
|  |  |  |  |  |  |
| **SATURDAY – Challenge Walks\*\*** | | | | | |
| **Intermediate level** | Explore Cave Hills Woodland | 10am – 12pm | Belfast Hills Partnership | Saturday 11/05/24 | |
| **2 Peaks** | Divis & Black Mountain | 10am – 1.30pm | Belfast Hills Partnership | Saturday 08/6/24 | |

\*See Challenge Walks poster for more information…

**Belfast Health Trust**

**Challenge Walks 2024 – Sat 11th May & Sat 8th June**

**Up for a challenge? Grab your hiking boots and join staff from the Belfast Hills Partnership as they guide you around the Belfast Hills. We hope you will not only improve your fitness and have great craic but also discover new places to explore and enjoy while learning more about local wildlife.**

**BOOKING IS ESSENTIAL AS PLACES LIMITED**

**10am – 12pm Sat 11th May**

**Exploring Cave Hills Woodland**

On this ‘intermediate level’ hike you will get the opportunity to explore the woodland around the lower slopes of Cave Hill Country Park. This walk is mostly easy terrain, but expect a couple of short slopes. Gravel paths throughout.

**Meeting: By the front door of Belfast Castle**

**10am – 1.30pm Sat 8th June**

**Divis & Black Mountain 2 peak challenge:**

On this hike you will tackle two of the highest peaks in the Belfast Hills – Divis and Black Mountain. This walk provides you with stunning views over Belfast and beyond. Good paths throughout. We plan to stop for lunch along the way, so please pack your lunch box!

Meeting: Upper car park beside the coffee barn off the Divis Rd

For all events please wear hiking boots or similar sturdy outdoor footwear, bring a drink and snack, along with extra layers including waterproofs.

