



These sessions are run by a BACR instructor (British Association for Cardiac Rehabilitation) but organised by Cardiac Friends. It is a friendly welcoming group and suitable for those with Cardiac problems and for their partners or friends.

Why not come along to and give us a try. We would love to meet you! Who says exercise is boring? Not for this group!

Weekly Groups Sessions:

Thursday 12.30 pm – 13:30 pm.

Venue: Letchworth Leisure Centre.

Studio (1st floor)

£14 per calendar month.. Payment in advance.

First session is free.