

Weigh to Go Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Alistair McCoist				10.00am (New Mum)			
Blantyre Leisure Centre	12.30pm						
Carlisle Leisure Centre		6.00pm					
Dollan Aqua Centre				5.30pm			
Eastfield Lifestyles				5.00pm			11:45am
Fairhill Lifestyles					12.30pm		
Fernhill Community Centre	7.00pm						
Hamilton Water Palace				2.30pm			
John Wright Sports Centre				12.30pm			
Lanark Lifestyles		11.30am					
Larkhall Leisure Centre		6.00 pm	1.00pm				
Uddingston Sports Centre			7.30pm				
Strathaven Leisure Centre		7.00pm					

Coach	Address	Contact/Booking	Coach	Address	Contact/Booking Number
Simon Hobson	Blantyre Leisure Centre Glasgow Road Blantyre G72 0JS	01698 727800	Gary Taggart/ Paul Jackson	Hamilton Water Palace 35 Almada Street Hamilton ML3 0HQ	01698 459950
Julie Jones	Carluk Leisure Centre Carnwath Road Carluk ML8 4EA	01555 751384	Simon Hobson	John Wrights Sports Centre Calderwood Road East Kilbride	01355 237731
Paul Gillespie	Dollan Aqua Centre Brouster Hill East Kilbride G74 1AF	01355 260000	Lorna Kemp	Lanark Lifestyles Thomas Taylor Avenue Lanark ML11 7DG	01555 666800
Catherine Dorrans	South Lanarkshire Lifestyle – Eastfield Glenside Drive Rutherglen G73 3LH	0141 642 9500	Simon Hobson/ Paul Jackson	Larkhall Leisure Centre Broomhill Road Larkhall ML9 1QP	01698 881742
Paul Jackson	South Lanarkshire Lifestyle – Fairhill Neilsland Road Hamilton ML3 8HJ	01698 456350	Fiona Robertson	Uddingston Sport Centre (Uddingston Grammar) Old Glasgow Road Uddingston	01698 805055 (after 4pm)
Catherine Dorrans	Fernhill Community Centre 12 Auchenlarie Drive Fernhill G73 4EQ	0141 634 3158	Alistair Parker	Strathaven Leisure Centre Bowling Green Road Strathaven	01357 522820
			15 week free Adult Weight Management Programme. Each session is comprised of a 45 minute 'weigh in' and factual nutritional discussion which aims to dispel the myths of healthy eating with a different topic each week including food labelling, fats, sugar and eating habits. This is followed by 45minutes of levelled physical activity which is suitable		