

GET FIT HAVE FUN SOCIALISE!

RUN BY JANE SIMONS QUALIFIED PTLLS DANCE & FITNESS



TUTOR/PRE & POST NATAL LEVEL 3

CLASS NAME	TIME/DAY	VENUE	COST
<p>BEND, STRETCH, RELAX Gentle exercises to improve balance, flexibility, mobility, strength & co-ordination. With a cuppa & a chat!</p>	<p>MONDAYS CLASS 9.30-10.15AM COFFEE MORNING 10.15-11.00AM</p>	<p>WALGRAVE VILLAGE HALL</p>	<p>£4.00 CLASS £1.00 COFFEE OR TEA</p>
<p>SWING FIT Let the music of the 1920's-60's move you Slower based swing styles jive, charleston, swing, lindy hop, jazz</p>	<p>WEDNESDAYS 7.00-7.45PM (See website for 4 week block dates)</p>	<p>BRIXWORTH LIBRARY COMMUNITY CENTRE</p>	<p>4 WEEK BLOCK £16/£5.00 PAY AS YOU GO</p>
<p>SWING TAP STEPS Tap steps to enhance your Swingfit class or just taken on its own! Beginners/Refreshers Tap</p>	<p>WEDNESDAYS 7.55-8.25pm</p>	<p>BRIXWORTH LIBRARY COMMUNITY CENTRE</p>	<p>TAP ONLY £3.00 PAYG BOTH CLASSES 4 WEEK BLOCK £24 £8.00 PAY AS YOU GO</p>
<p>BODY FITNESS Class combines stretching, cardio and conditioning exercises to lengthen & strengthen your body. Helping to improve flexibility & tighten core muscle groups. Use of exercise balls/bands/weighted hoops</p>	<p>THURSDAYS 7.00-7.45 PM</p>	<p>WALGRAVE VILLAGE HALL</p>	<p>BLOCK PAYMENT OR £5.00 PAY AS YOU GO (7 week block £28 16th Feb-30th Mar) (6 week block £24 20th Apr- 25th May)</p>
<p>NEW STEP, SWAY, RELEVE A mix of dance fitness routines, stretching & ballet barre exercises using a chair as a bar to improve muscle tone, core strength, balance, co-ordination & flexibility.</p>	<p>FRIDAYS 9.30-10.30AM</p>	<p>WALGRAVE VILLAGE HALL</p>	<p>BLOCK PAYMENT OR £5.00 PAY AS YOU GO (4 week block £16 21st Apr- 12th May)</p>

ALL AGES AND ABILITIES WELCOME WITH NO PRIOR EXPERIENCE NEEDED. ALL CLASSES ADAPTED TO SUIT YOUR INDIVIDUAL LEVEL

OFFITNESS. ALL CLASSES RUN TERM TIME ONLY.

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