

Meet the Active Life Award winning Family



Edition 4

ACTIVE LIFE SESSIONS

Which sessions are for you?

Active Life sessions are for everyone, all ages & abilities, so we have put together a code to help you find the right session for you.



Active Mums

Sessions for Mums and Babies - contact the office for current sessions.



Active Women

Classes are for Women aged 14+. All ages & abilities are welcome at these fun sessions.



Be Well

Classes for everyone at every stage of life. 50+, ante natal / post natal, rehab, returning to exercise or starting? Then these classes are right for you.



Active Guys

Sessions to get the Guys active.



Can Do

These classes are delivered by a Tutor that has specialist knowledge & experience of safe exercise during and after Cancer treatment.



Trim & Train

A 12 week Weight Management Referral Programme. See website for more details.



Active Events

A great way to try our sessions and meet the team. Follow us on Face Book for details.

Contact the Active Life team

visit activelife.uk.com

01702 567 327

Active Life for a Healthier you is a 'not for profit' Community Interest Co.

We deliver health & wellbeing sessions in the community to people of all ages & abilities.

Most importantly our sessions are fun!

Company no. 7873843

Our Sessions...
































Sessions
only £4.00

DAY	TIME	SESSION	WHERE TO FIND US	WHAT TO EXPECT	CODE
Mon	9.30am	Yoga	Balmoral Centre SS0 7AU	Relax & revitalise the mind & body	 
Mon	10.00am	Hula Madness	Southchurch Plaza SS1 2PT	Burn calories & tone up with Hula madness.	 
Mon	10.00am	Total Body	Southend Leisure & Tennis Centre SS2 4FA	A fun low impact workout for all abilities. Cardio & Toning	 
Mon	10.00am	Total Body	Winter Gardens, Canvey SS8 9UD	A fun low impact workout for all abilities. Cardio & Toning	 
Mon	10.45am	Total Body	Hadleigh Old Fire Station SS7 2PB	A fun low impact workout for all abilities. Cardio & Toning	 
Mon	11.00am	Activise	Southend Leisure & Tennis Centre SS2 4FA	Stretch, tone & revitalise combines yoga & pilates. Floor based exercises	 
Mon	11.00am	Seated Fitness	St Davids Church Hall, Eastwood SS9 5PT	Improve Balance, Fitness & Tone. Standing & seated exercises for all abilities	
Mon & Tues	TBC	Active Mums	Please contact office for session times & details. Booking essential. office@activelife.uk.com	Sessions for Mums and Babies. Buggies, Yoga & Toning classes	
Mon	1.30pm	Keeping Steady	Salvation Army Hall, Shoeburyness SS1 2PT	Help improve Balance, Strength, Flexibility & Coordination with a class to lower your risk of falls	 
Mon	11.30am	Seated Fitness	St Marys Hall, Benfleet SS7 5HN	Improve Balance, Fitness & Tone. Standing & seated exercises for all abilities	 
Mon	6.30pm	Dance Kickfit	Hamstel Junior School SS2 4PQ	Dance warm up followed by effective combat style toning . All levels.	
Mon	7.30pm	Yoga	Hamstel Junior School SS2 4PQ	Relax & revitalise the mind & body. Men / Women	  
Tue	9.30am	Cardio Shake	St Lukes Church Hall SS2 4AB	Energetic upbeat aerobics class - prepare to sweat, shake your stuff & have fun	
Tue	9.30am	Total Body Workout	Wesley Methodist Church, Leigh SS9 1SJ	A fun Low Impact workout for all abilities. Cardio & Toning	 

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Tue	11.00am	Total Body	Balmoral Centre, Westcliff SS0 7AU	A fun low impact workout for all abilities. Cardio & Toning	
Tue	11.00am	Keeping Steady	Wesley Methodist Church, Leigh SS9 1SJ	Help improve Balance, Strength, Flexibility & Coordination with a class to lower your risk of falls	
Tue	11.00am	Zumba Gold	Southend Leisure & Tennis Centre SS2 4FA	Shake it and dance in these fun dance based sessions to well known tune	
Tue	12.15pm	Seated Fitness	Milton Community Centre SS1 1QA	Improve Balance, Fitness & Tone. Standing & seated exercises for all abilities	
Tue	1.30pm	Hula Madness	Southend Leisure & Tennis Centre SS2 4FA	Burn calories & tone up with Hula madness.	
Tue	6.30pm	Pound, Hula & HBT	Whittingham Community Centre. SS2 4WA	Fun session, Something for everyone!	
Tue	7.30pm	Fitness Pilates	Clarence Road Baptist Church SS1 1 AN	Great way to improve posture. Stretch & Tone	
Wed	9.30am	Total Body	Southend Leisure & Tennis Centre SS2 4FA	A fun low impact workout for all abilities. Cardio & Toning	
Wed	10.00am	Total Body	Hullbridge Centre SS5 6JR	A fun low impact workout for all abilities. Cardio & Toning	
Wed	10.30am	Total Body	St Barnabas, Hadleigh SS7 2EJ	A fun low impact workout for all abilities. Cardio & Toning	
Wed	10.30am	Activise	Southend Leisure & Tennis Centre. SS2 4FA	Stretch, tone & revitalise. Combines Yoga & Pilates. Floor based exercises	
Wed	11.00am	Keeping Steady	Southchurch Christian Centre, Southchurch SS1 2PT	Help improve Balance, Strength, Flexibility & Coordination with a class to lower your risk of falls	
Wed	1.30pm	Keeping Steady	Westcliff Library SS0 9PD	Help improve Balance, Strength, Flexibility & Coordination with a class to lower your risk of falls	
Wed	6.30pm	Activise Strength	Hamstel Junior School SS2 4PQ	Tai chi warm up followed by a combination of Yoga & Pilates. Builds Strength, Tone & Flexibility.	
Wed	6.30pm	First Steps Running <i>6 week course £20</i>	Meet at Rossis Western. Esplanade Seafont.	Beginners Running Group. Friendly 6 week programme to get you running. Couch to 5k Booking essential. office@activelife.uk.com	

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Wed	7.30pm	Jog on! <i>6 week course £20</i>	Meet at Rossis Western. Esplanade Seafront.	Intermediate Running Group. Men/Women welcome. Booking essential. (office@activelife.uk.com)	 
Wed	7.30pm	Clubbercise	Hamstel Junior School SS2 4PQ	Bring a night out to your workout with this fun session	
Thurs	9.30am	Total Body	Salvation Army Hall, Hadleigh SS7 2PF	A fun low impact workout for all abilities. Cardio & Toning	 
Thurs	9.30am	Fitness Pilates	St Lukes Church Hall. SS2 4AB	Great way to improve posture. Stretch & tone the muscles.	  
Thurs	11.00am	Total Body	St Marys Church Hall, Benfleet SS7 5HN	A fun low impact workout for all abilities. Cardio & Toning	 
Thurs	11.00am	Dance Fit	Southend Leisure & Tennis Centre SS2 4FA	Shake it & dance in these fun dance based sessions to well known tunes.	 
Thurs	11.30am	Seated Fitness	Clarence Road Baptist Church SS1 1AN	Improve Balance, Fitness & Tone. Standing & seated exercises for all abilities	 
Thurs	11.30am	Active Life Thro Recovery	St Lukes Church Hall SS2 4AB	An effective workout for patients on or recovering from cancer treatment.	 
Thurs	1.30pm	Total Body	Hockley Health Club SS5 4AD	A fun low impact workout for all abilities. Cardio & Toning	 
Thurs	7.00pm	Activise Strength	St Bernards School SS0 7JS	Tai chi warm up followed by a combination of Yoga & Pilates. Builds Strength, Tone & Flexibility.	 
Fri	9.30am	Total Body	Hawkwell Baptist Church SS4 1UG	A fun low impact workout for all abilities. Cardio & Toning	 
Fri	10.00am	Total Body	Southend Leisure & Tennis Centre SS2 4FA	A fun low impact workout for all abilities. Cardio & Toning.	
Fri	10.30am	Keeping Steady	Thorpe Bay Methodist Church SS1 3HQ	Help improve Balance, Strength, Flexibility & Coordination with a class to lower your risk of falls.	 
Fri	10.30am	Chair based Yoga	St Lukes Church Hall SS2 4AB	Stretch, Relax & Revitalise with a yoga session for all abilities.	 
Sat	9.00am	Fitness Yoga	St Lukes Church Hall SS2 4AB	Relax, Tone & Revitalise. Men / Women.	   
Sat	9.30am	Saturday Workout	St Edmunds Hall, SS2 4AS	Start the weekend with a combo of Aerobics, Dance & Tone. All levels	