

# January - February 2024 Timetable

welcome  
2024

ALL SESSIONS £5.00 (unless stated)

DAY	TIME	SESSION	WHERE	TUTOR
Mondays	9.30am	Total Body Workout	Grt Wakering Community Centre	Pat
Mondays	9.30am	Legs, Bums & Tums	Holy Trinity Hall, Southchurch	Freya £2.50
Mondays	10am	Total Body Workout	Smallgains Hall, Canvey	Jennie
Mondays	10.45am	Total Body Workout	Hadleigh Methodist Church	Michelle
Mondays	10.45am	Total Body Workout	Southend Leisure & Tennis	Freya
Mondays	6.30pm	This Girl Can	Hamstel Junior School	Freya £2.50
Tuesdays	10am	Total Body Workout	Hadleigh Methodist Church	Louise
Tuesdays	10.30am	Total Body Workout	Balmoral Centre Westcliff	Chrissie
Tuesdays	10.30am	Dance Fit	Southend Leisure & Tennis	Jennie
Tuesdays	11.00am	Total Body Workout	St Georges Hall Shoeburyness	Freya
Tuesdays	1.30pm	Barre Workout	St Luke's Church Centre	Freya £2.50
Tuesdays	7.15pm	Boxercise, Pound & Abs	Cornerstone Hall, Southchurch	Suzi £2.50
Wednesdays	10am	Total Body Workout	St Barnabas, Hadleigh	Michelle
Wednesdays	11am	Dance Fit	Southend Leisure & Tennis	Sophie
Wednesdays	11am	Total Body Workout	Southchurch Plasa	Pat
Wednesdays	6.30pm	Clubbercise	Hamstel Junior School	Natalie
Thursdays	9.30am	Dance Fit	St Luke's Church Centre	Freya
Thursdays	11am	Total Body Workout	St Marys Hall Benfleet	Suzi
Thursdays	11am	Total Body Workout	Southend Leisure & Tennis	Sam
Thursdays	6.30pm	90's workout	Holy Trinity Hall, Southchurch	Stacey £2.50
Fridays	9.30am	Total Body Workout	Hawkwell Baptist Hall	Louise
Fridays	10.30am	Total Body Workout	Southend Leisure & Tennis	Sandi
Saturdays	9.30am	This Girl Can	Holy Trinity Hall, Southchurch	Sophie £2.50

## MIND & BODY CLASSES

Mondays	9.30am	Yoga for All	Balmoral Centre Westcliff	Morissa
Mondays	7.30pm	Yoga Flow	St Lukes Church Centre	Amanda
Tuesdays	6.15pm	Yoga for All	Cornerstone Hall, Southchurch	Claire-Marie
Wednesdays	9.30am	Yoga for All	Balmoral Centre Westcliff	Emily
Wednesdays	7.00pm	Gentle Yoga	Cornerstone Hall, Southchurch	Claire
Thursdays	9.15am	Fitness Pilates	St Lukes Church Centre	Sarah
Thursdays	10.00am	Yoga Flow	Salvation Army, Leigh on Sea	Amanda
Thursdays	6.30pm	Yoga for All	Fillebrook Ave Hall, Chalkwell	Kirsty
Thursdays	7.30pm	Dynamic Yoga	Fillebrook Ave Hall, Chalkwell	Kirsty
Friday	9.45am	Yoga Flow	St Lukes Church Centre	Amanda
Sundays	8.30am	Yoga for All	Fillebrook Ave Hall, Chalkwell	Angela

Beginners & Seated Yoga also available. Check out Be Well course details.

## BE WELL COURSES

**Stretch & Breathe - Thursdays 12 noon Shoebury Youth Centre with Tina.**

A class designed for those with COPD & Breathing issues. 7 week course- £35.00

**Seated Yoga - 6 week course £15.00**

A seated class to improve your posture, stretch & relax in a friendly class.

Thursdays 1.45pm Southchurch Plasa with Emily.

Mondays 11.00am Smallgains Hall, Canvey with Jennie

## SEATED FITNESS - Chair based sessions to fun music to get you active. Cardio & toning for all levels.

Mondays	11.00am	Seated Fitness	St Davids Hall Eastwood	Louise
Tuesdays	1.30pm	Seated Dance Fit	Holy Trinity Hall, Southchurch	Michelle

## KEEPING STEADY SESSIONS – Our Chair based exercise sessions have been designed to help build Strength and improve your balance (£18.00 for 12 week course)

Mondays	10.00am	Keeping Steady	St Georges Hall, Shoeburyness	Kerry
Mondays	11.00am	Keeping Steady	St Georges Hall, Shoeburyness	Kerry
Mondays	12.30pm	Keeping Steady	Kings URC, Westcliff	Michelle
Mondays	1.30pm	Keeping Steady	Wesley Methodist Church, Leigh	Freya
Tuesday	10am	Keeping Steady	Wesley Methodist Church, Leigh	Michelle
Tuesday	11am	Keeping Steady	Wesley Methodist Church, Leigh	Michelle
Wednesdays	11am	Keeping Steady	Southchurch Plasa	Chrissie

## ACTIVE MUMS - Sessions for Mums, Babies & Toddlers (6 weeks £15.00)

Mondays	11.15am	Mum & Baby Yoga	Fillebrook Ave Hall, Chalkwell	Claire-Marie
Tuesdays	10.30am	Soft Play & Workout	Southend Leisure & Tennis	Claire <small>£5.00 per session</small>
Wednesdays	9.30am	Buggy Active	Holy Trinity Hall, Southchurch	Sophie
Thursdays	11.15am	Buggy Active	Salvation Army, Leigh on Sea	Freya

## BEGINNERS CLASSES - New to exercise or returning, these classes are for you! £2.50

Mondays	1.30pm	Dance Fit	Balmoral Centre, Westcliff.	Sophie
Mondays	6pm	Total Body workout	St Lukes Church Centre	Tina
Tuesdays	9.30am	Total Body workout	St Lukes Church Centre	Freya
Tuesdays	12 noon	Beginners Yoga	St Lukes Church Centre	Jennie

**Booking essential for all sessions/courses.**

**Gym Catch - Active Life for a Healthier You**

**(Telephone bookings Mondays, Tuesdays and Thursdays 9am - 12 noon)**

Please note telephone bookings have a minimum charge of £5.00 (No single bookings £2.50)



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