



March - April 2024 Timetable

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 |
| 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 | 7.00pm | Aerobics,Dance & Tone | Cornerstone Hall, Southchurch | Martha NEW |
| 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 |
| Tuesdays | 7.15pm | Boxercise, Pound & Abs | Cornerstone Hall, Southchurch | Suzi |
| 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 |
| Fridays | 9.30am | Total Body Workout | Hawkwell Baptist Hall | Louise |
| Fridays | 10.30am | Total Body Workout | Southend Leisure & Tennis | Sandi |
| Saturdays | 9.30am | Saturday Workout | Holy Trinity Hall, Southchurch | Sophie |

MIND & BODY CLASSES

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|------------|---------|-----------------|--------------------------------|---------|
| 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 |
| 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.

www.activelife.uk.com | 01702 567 327

BE WELL COURSES

Stretch & Breathe - Thursdays 12 noon & 12.45pm, Shoebury Youth Centre with Tina

A class designed for those with COPD & Breathing issues. 5 week course- £15.00

Seated Yoga - 6 week course £15.00

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

Mondays 11.00am Smallgains Hall, Canvey with Jennie

Thursdays 1.30pm St Lukes Church Centre with Emily



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

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|----------|---------|------------------|--------------------------------|----------|
| 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)

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|------------|---------|----------------|--------------------------------|----------|
| 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 (5 weeks £12.50)

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|------------|---------|---------------------|--------------------------------|--------|-------------------|
| Tuesdays | 10.30am | Soft Play & Workout | Southend Leisure & Tennis | Claire | £5.00 per session |
| 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

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|----------|---------|--------------------|-----------------------------|--------|
| 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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