

2024 Timetable



DAY	TIME	SESSION	WHERE	TUTOR
Mondays	9.30am	Total Body Workout	Grt Wakering Community Centre	Pat
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
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	10.00am	Total Body Workout	St Barnabas, Hadleigh	Michelle
Wednesdays	11.00am	Dance Fit	Southend Leisure & Tennis	Sophie
Wednesdays	11.00am	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	11.00am	Dance Fit	Southend Leisure & Tennis	Sam
Fridays	9.30am	Total Body Workout	Hawkwell Baptist Hall	Louise
Fridays	10.30am	Total Body Workout	Southend Leisure & Tennis	Lindsay

MIND & BODY CLASSES

Mondays	9.30am	Yoga for All	Balmoral Centre Westcliff	Morissa
Mondays	11.00am	Seated Yoga (£3.50)	Smallgains Hall, Canvey	Jennie
Mondays	7.00pm	Yin Yoga	St Lukes Church Centre	Angela
Tuesday	12 noon	Gentle Yoga	St Lukes Church Centre	Jennie
Tuesdays	6.15pm	Yoga for All	Cornerstone Hall, Southchurch	Claire
Wednesdays	9.30am	Yoga for All	Balmoral Centre, Westcliff	Emily
Thursdays	9.15am	Fitness Pilates	St Lukes Church Centre	Sarah
Thursdays	9.45am	Yoga Flow	Salvation Army, Leigh on Sea	Amanda
Thursdays	5.45pm	Gentle Yoga	Mill Hall, Rayleigh	Jennie
Thursdays	7.30pm	Strong Yoga	Fillebrook Ave Hall, Chalkwel	Kirsty
Friday	9.45am	Yoga Flow	St Lukes Church Centre	Amanda

ALL SESSIONS £5.00 (unless stated)

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

BEGINNERS CLASSES - New to exercise or returning, these classes are for you! £3.50

Mondays	1.30pm	Dance Fit	Balmoral Centre, Westcliff	Sophie
Mondays	6.00pm	Total Body workout	St Lukes Church Centre	Lindsay
Tuesdays	9.30am	Total Body workout	St Lukes Church Centre	Freya
Tuesdays	7.15pm	Boxercise, Pound & Abs	Cornerstone Hall, Southchurch	Suzi

BE WELL COURSES - £3 per session, booked as a course.

Stretch & Breathe - A class designed for those with COPD & Breathing issues. The small friendly class will help you to increase the muscle strength & stamina, which can lead to reducing your breathlessness.

Mondays 12.30 United Reformed Church, Westcliff.

Tuesdays 2.00pm WI Hall, Rochford.

Thursdays 12 / 12.45 Shoebury Youth Centre.

WALK & WORKOUT - 4 week course £14 or individual sessions £5.00

Fridays	10am	Gunners Park, Shoebury	Tina
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ACTIVE MUMS - Sessions for Mums, Babies & Toddlers - £2.50 per session booked as a course)

Monday	9.30am	Buggy Active	Southchurch Park	Freya
Thursdays	11.15am	Buggy Active	Chalkwell Park	Freya

KEEPING STEADY SESSIONS - Our Chair based exercise sessions have been designed to help build Strength and improve your balance (£2.50 per session booked as a 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

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)