

2025 Timetable



| DAY | TIME | SESSION | WHERE | TUTOR |
|------------|---------|------------------------|-------------------------------|----------|
| Mondays | 9.30am | Total Body Workout | Grt Wakering Community Centre | Pat |
| Mondays | 10.45am | Total Body Workout | Hadleigh Methodist Church | Michelle |
| Mondays | 10.30am | Total Body Workout | St Lukes Church Centre | Sarah |
| Mondays | 7.00pm | Aerobics,Dance & Tone | Cornerstone Hall, Southchurch | Martha |
| Tuesdays | 9.30am | Total Body Workout | St Lukes Church Centre | Freya |
| Tuesdays | 10am | Total Body Workout | Hadleigh Methodist Church | Louise |
| Tuesdays | 10.30am | Total Body Workout | Balmoral Centre Westcliff | Chrissie |
| Tuesdays | 10.30am | Dance Fit | St Lukes Church Centre | 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 | St Lukes Church Centre | 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 |
| Fridays | 9.30am | Total Body Workout | Hawkwell Baptist Hall | Louise |
| Fridays | 10.30am | Total Body Workout | St Lukes Church Centre | Lindsay |

MIND & BODY CLASSES

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|------------|--------|-----------------|-------------------------------|---------|
| Mondays | 9.30am | Yoga for All | Balmoral Centre Westcliff | Morissa |
| Mondays | 7.00pm | Yin Yoga | St Lukes Church Centre | Angela |
| 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 | 7.30pm | Strong Yoga | Fillebrook Ave Hall, Chalkwel | Kirsty |

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

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

ALL SESSIONS £5.00 (UNLESS STATED)

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 |
| Thursdays | 11.30am | Seated Fitness | Holy Trinity Hall, Southchurch. | Martha NEW |

STRETCH & BREATHE - (Please call for more information and to book)

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.

SESSIONS IN: Shoeburyness • Westcliff • Southend & Eastwood.

OUTDOOR SUMMER SESSIONS

ACTIVE FAMILIES - Sessions for Mums & Dads with babies 6 weeks to 1 year. Cardio & toning all abilities. £2.50 per sessions booked as a course.

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|-----------|---------|--------------|------------------|-------|
| Mondays | 9.30am | Buggy Active | Southchurch Park | Freya |
| Thursdays | 11.15am | Buggy Active | Chalkwell Park | Freya |

WALK & WORKOUT - A cardio workout with added fresh air! £5.00 per session.


Fridays 10am Meeting outside Serendipity Cafe, The Garrison.

FUN BOOTCAMP - Effective but fun outdoor workout for all ages & levels.

Little ones welcome with their parents

Tuesdays 9.30am Thorpe Bay Green Claire.

YOGA OUTSIDE

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|-----------|---------|--------------------------------------|---|--------|
| Sundays | 8.30am | Beach Yoga, at Chalkwell Beach |  | Maddie |
| Tuesdays | 12 noon | Beach View Yoga, at Thorpe Bay Green | | Jennie |
| Thursdays | 5.45pm | Park Yoga, King George V Park | | Jennie |

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)

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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 |
| 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)