



# Active Women Sessions

Monday 16<sup>th</sup> April  
 - 26<sup>th</sup> May 2018  
 (excluding Bank Holiday 7th May)



Active Women sessions are for Women aged 14+ (unless stated age 11+)  
 No need to book any classes, just come along & join in!

Mon	9.30am	Yoga	Balmoral Community Centre, SS0 7AU	Relax & revitalise the mind & body	MARISSA
Mon	10.00am	Hula Madness	Southchurch Plaza, SS1 2PT	Burn calories & tone up with Hula madness	SOPHIE
Mon	6.30pm	Zumba & Toning	Hamstel School SS2 4PQ	Shake it with the latin inspired dance class with added toning	HAYLEY
Mon	7.30pm	Yoga	Hamstel School SS2 4PQ	Relax & revitalise the mind & body. Age 11+	KIERA
Tues	9.30am	Zumba	St Lukes Church Hall SS2 4AB	Shake it with the latin inspired dance class.	VICTORIA
Tues	9.30am	Kick Start	Southchurch Park. Meet in Car Park	Outdoor interval training to get the heart rate up. All levels	ZOE
Tues	6.30pm	90's Aerobic Workout	Hamstel School SS2 4PQ	Class for all abilities - great tunes and a fun session	KIRSTY
Tues	7.00pm	Hips, Bums & Tums	Whittingham Community Centre. SS2 4WA	A conditioning class. Effective exercises for all abilities	SUZI
Tues	7.30pm	Insanity	Hamstel School SS2 4PQ	Push yourself with this total body workout	KIRSTY
Wed	10.30am	Clubbercise	Southchurch Plasa SS1 2PT	Bring a night out to your workout with this fun 'Daytime' session!	KIRSTY



Active Women Southend [www.active-women.co.uk](http://www.active-women.co.uk)



She's Ready.



Wed	1.30pm	Zumba Gold	St Lukes Church Hall, SS2 4AB	An easy to follow low intensity Zumba class.	SOPHIE
Wed	6.30pm	Wednesday Workout	Hamstel Junior School SS2 4PQ	A fun energising workout for all abilities. Age 11+	SOPHIE M
Wed	6.30pm	Running Sisters <i>(6 week sessions starting 18<sup>th</sup> April 2018)</i>	Meet at Rossi's, Western Esplanade <b>BOOKING ESSENTIAL</b>	Learn how to run in a friendly and non-competitive session. <i>(office@activelife.uk.com)</i>	£16 TO BE PAID ON BOOKING
Wed	7.30pm	Clubbercise	Hamstel Junior School SS2 4PQ	Bring a night out to your workout with this fun session.	NATALIE
Wed	7.30pm	Jog On <i>(6 week sessions starting 18<sup>th</sup> April 2018)</i>	Meet at Rossi's Western Esplanade <b>BOOKING ESSENTIAL</b>	Intermediate running group. <b>Men / women welcome</b> <i>(office@activelife.uk.com)</i>	£16 TO BE PAID ON BOOKING
Thur	9.15am	Fitness Pilates	St Lukes Church Hall. SS2 4AB	Stretch & tone the muscles. Great way to improve posture	SARAH
Thur	10.30am	Buggy Active	Meet at Chalkwell Park Car park	Bring your baby in the buggy for this fun & effective workout	ZOE £2.00
Thur	10am	Cycling for Leisure	Belfairs Woodland Centre <b>BOOKING ESSENTIAL</b> <i>cyclesouthend@southend.gov.uk</i>	Improve your cycling skills by joining a leisure cycling group to build your existing cycling skills with a social and friendly group environment	FREE
Thur	6.30pm	Boxercise	St Bernards School SS0 7JS	Tone up and get fit with this boxing style workout. Age 11+	ZOE
Thur	7.30pm	Fitness Pilates	St Bernards School SS0 7JS	Stretch & tone the muscles. Great way to improve posture.	ZOE
Fri	9.15am	Aerobic Toner	St Lukes Church Hall, SS2 4AB	Burn more calories with this fun fitness session	SOPHIE M
Fri	12.15	Yoga	The Yoga Factory, SS2 5BY	Relax & revitalise the mind & body	NATALIE
Sat	9.00am	Fitness Yoga	St Lukes Church Hall, SS2 4AB	Relax, tone & revitalise	ANNIE
Sat	9.30am	Saturday Workout	Milton Community Centre SS1 1QA	A fun way to start the weekend with a combination of Zumba, cardio & toning exercises	SOPHIE M