



# Active Women Sessions

Monday 8<sup>th</sup> January -  
Saturday 10<sup>th</sup> February 2018

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<br>£3.50  |
| Mon                 | 10.00am | Hula Madness         | Southchurch Plaza, SS1 2PT            | Burn calories & tone up with Hula madness                      | SOPHIE<br>£3.50   |
| <b>NEW!</b><br>Mon  | 6.30pm  | Zumba & Toning       | Hamstel School SS2 4PQ                | Shake it with the latin inspired dance class with added toning | HAYLEY<br>£2.00   |
| <b>NEW!</b><br>Mon  | 7.30pm  | Yoga                 | Hamstel School SS2 4PQ                | Relax & revitalise the mind & body. Age 11+                    | £3.50             |
| Tues                | 9.30am  | Zumba                | St Lukes Church Hall SS2 4AB          | Shake it with the latin inspired dance class.                  | VICTORIA<br>£2.00 |
| Tues                | 9.30am  | Kick Start           | Southchurch Park. Meet in Car Park    | Outdoor intervaltraining to get the heart rate up. All levels  | ZOE<br>£2.00      |
| <b>NEW!</b><br>Tues | 6.30pm  | 90's Aerobic Workout | Hamstel School SS2 4PQ                | Class for all abilities - great tunes and a fun session        | KIRSTY<br>£3.50   |
| Tues                | 7.00pm  | Hips, Bums & Tums    | Whittingham Community Centre. SS2 4WA | A conditioning class. Effective exercises for all abilities    | SUZI<br>£2.00     |
| <b>NEW!</b><br>Tues | 7.30pm  | Insanity             | Hamstel School SS2 4PQ                | Push yourself with this total body workout                     | KIRSTY<br>£3.50   |

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



Active Women Southend



|                    |        |  |  |   |                           |
|--------------------|--------|--|--|---|---------------------------|
| Wed                | 9.30am | Active Mums  | Southchurch Plaza<br>SS1 2PT                                     | Effective workout for mums. Babies welcome 6 wks - 2yrs. Children parents responsibility. | SOPHIE M<br>£2.00         |
| Wed                | 1.30pm | Zumba Gold   | St Lukes Church Hall,<br>SS2 4AB                                 | An easy to follow, low intensity Zumba class  | SOPHIE<br>£2.00           |
| Wed                | 6.30pm | Wednesday Workout  | Hamstel Junior School<br>SS2 4PQ                                 | A fun energising workout for all abilities. Age 11+                                       | SOPHIE M<br>£2.00         |
| Wed                | 6.30pm | Running Sisters<br>(6 week session starting 10 <sup>th</sup> Jan 2018) | Meet at Rossi's,<br>Western Esplanade                            | Learn how to run in a friendly and non-competitive session.<br><b>BOOKING ESSENTIAL</b>   | £16 TO BE PAID ON BOOKING |
| Wed                | 7.30pm | Clubbercise  | Hamstel Junior School<br>SS2 4PQ                                 | Bring a night out to your workout with this fun session.                                  | NATALIE<br>£3.50          |
| <b>NEW!</b><br>Wed | 7.30pm | Jog On<br>(6 week sessions starting 10 <sup>th</sup> Jan 2018)         | Meet at Rossi's<br>Western Esplanade<br><b>BOOKING ESSENTIAL</b> | Intermediate running group.<br>Men / women welcome  | £16 TO BE PAID ON BOOKING |
| Thur               | 9.15am | Fitness Pilates  | St Lukes Church Hall.<br>SS2 4AB                                 | Stretch & tone the muscles. Great way to improve posture                                  | SARAH<br>£2.00            |
| Thur               | 6.30pm | Boxercise  | St Bernards School<br>SS0 7JS                                    | Tone up and get fit with this boxing style workout. Age 11+                               | ZOE<br>£2.00              |
| Thur               | 6.15pm | Cardio Hit   | St Georges Church<br>Hall Shoebury. SS3 9DH                      | A mix of cardio, combat & HITT  | CANDICE<br>£3.50          |
| Thur               | 7.30pm | Fitness Pilates  | St Bernards School<br>SS0 7JS                                    | Stretch & tone the muscles. Great way to improve posture.                                 | ZOE<br>£3.50              |
| Fri                | 9.15am | Aerobic Toner  | Belle Vue Church<br>SS1 2QA                                      | Burn more calories with this fun fitness session  | SOPHIE M<br>£2.00         |
| Fri                | 12.15  | Yoga   | The Yoga Factory<br>SS2 5BY                                      | Relax & revitalise the mind & body  | NATALIE<br>£3.50          |
| <b>NEW!</b><br>Sat | 9.00am | Fitness Yoga   | St Lukes Church Hall, SS2 4AB                                    | Relax, tone & revitalise  | ANNIE<br>£2.00            |
| 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<br>£2.00         |