



Active Women Sessions

Monday 30th October 2017 –
 Saturday 10th February 2018
 (excluding 18th December 2017-7th January 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 £3.50
Mon	10.00am	Hula Madness	Southchurch Plaza, SS1 2PT	Burn calories & tone up with Hula madness	SOPHIE £3.50
Mon	7.00pm	Zumba & Toning	Whittingham Community Centre. SS2 4WA	Shake it with the latin inspired dance class with added toning	HAYLEY £2.00
Mon	7.15pm	Yoga	The Yoga Factory SS2 5BY	Relax & revitalise the mind & body. Age 11+	NATALIE £2.00
Mon	8.30pm	Clubbercise	Hamstel Junior School SS2 4PQ	Bring a night out to your workout with this fun session.	NATALIE £3.50
Tues	9.30am	Zumba	St Lukes Church Hall SS2 4AB	Shake it with the latin inspired dance class.	VICTORIA £2.00
Tues	9.30am	Kick Start (Excluding December)	Southchurch Park. Meet in Car Park	Outdoor interval training to get the heart rate up. All levels	ZOE £2.00
Tues	11.00am	Buggy Active (Excluding December & January)	Meet at the Cliffs Pavilion	Bring your baby in the buggy for this fun & effective workout	ZOE £2.00
Tues	7.00pm	Hips, Bums & Tums	Whittingham Community Centre. SS2 4WA	A conditioning class. Effective exercises for all abilities	SUZI £2.00

www.active-women.co.uk

Wed	9.30am	Buggies & Beanz!	Southchurch Plaza SS1 2PT	Exercise with your child at this fun session. Bring your little one (aged 6wks+)	SOPHIE M £2.00
Wed	1.30pm	Zumba Gold	St Lukes Church Hall, SS2 4AB	An easy to follow, low intensity Zumba class	SOPHIE £2.00
Wed	6.30pm	Wednesday Workout	Hamstel Junior School SS2 4PQ	A fun energising workout for all abilities. Age 11+	SOPHIE M £2.00
Wed	6.30pm	Running Sisters (6 week session starting 1st November 2017)	Meet at Rossi's, Western Esplanade	Learn how to run in a friendly and non-competitive session. BOOKING ESSENTIAL	£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 £3.50
Thur	9.15am	Fitness Pilates	St Lukes Church Hall. SS2 4AB	Stretch & tone the muscles. Great way to improve posture	SARAH £2.00
Thur	6.30pm	Boxercise	St Bernards School SS0 7JS	Tone up and get fit with this boxing style workout. Age 11+	ZOE £2.00
Thur	7.30pm	Fitness Pilates	St Bernards School SS0 7JS	Stretch & tone the muscles. Great way to improve posture.	ZOE £3.50
Fri	9.15am	Aerobic Toner	Belle Vue Church SS1 2QA	Burn more calories with this fun fitness session	SOPHIE M £2.00
Fri	12.00 noon	Aqua Natal	Southend Leisure Centre. SS2 4FA	Keep active during your pregnancy with this water based class	SOPHIE £5.00
Fri	12.15	Yoga	The Yoga Factory SS2 5BY	Relax & revitalise the mind & body	NATALIE £3.50
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 £2.00

 Active Women Southend

