



£5 per class or £40 per month Unlimited Classes call: Michelle Minard 07827 967005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
West Wittering Memorial Hall	West Wittering Memorial Hall	West Wittering Memorial Hall	West Wittering Memorial Hall	West Wittering Memorial Hall
LEGS, BUMS, TUMS Suitable for all levels of fitness 09.15 – 10.00am A lower body and core workout to tone and shape all the muscles of the legs, glutes & core.	TABATA TUESDAYS Suitable for all levels & ages 07.45 – 08.30am Come & improve your cardiovascular fitness with this Tabata workout. Various exercises repeated for a short time with rest improve your heart & lungs, overall strength & agility for a full body workout.	BIG BOUNCY BALLS Suitable for all levels of fitness 09.15 – 10.00am Fun class using fitballs working on all muscle groups, no joint impact A fitball is needed for this class.	MAT BASED FLOORWORK (Pilates) Suitable for all levels of fitness 09.15 - 10.15am Pilates exercises which promote mobility and strength of all the major muscle groups whilst also having a key focus on the deep core muscles. ONLY 15 SPACES	FRIDAY FITNESS Suitable for all levels of fitness 08.00 – 08.45am From beginner to expert come and improve your cardio fitness and strength with Friday Fitness circuits. See the changes and feel the benefits.
ARMS & ABS Suitable for all levels of fitness 10.15 – 11.00am Shape and tone the arms using weights; good for bone density and strength.	BOXFIT Suitable for all levels of fitness 09.00 – 09.45am A fun filled boxing inspired workout using light hand weights. Suitable for all fitness levels. It will improve CV fitness, core strength while toning muscles.	PUMP FIT Suitable for all levels of fitness 10.15 – 11.00am Using weights/bars, class targets all muscle groups to help with strength & fitness.	YOGA 10.30 - 11.15pm Improves strength, balance & flexibility, movements & deep breathing increase blood flow & warm up muscles it also builds strength.	15 - 15 - 15 Suitable for all levels of fitness 09.15 – 10.00AM Three 15-minute sections of aerobics, boxfit and core.
FUSION FITNESS Suitable for all levels of fitness 11.15 – 12.00 noon A blend of Low Impact aerobics to work the heart & lungs. Followed by abdominal exercises to help improve core muscles. Finishing with a stretch for flexibility and movement in everyday life.	MAT BASED FLOORWORK (Pilates) Suitable for all levels of fitness 10.00 - 10.45am Pilates exercises which promote mobility and strength of all the major muscle groups whilst also having a key focus on the deep core muscles UNLIMITED SPACES	STRETCH & TONE More sedate class suitable for all 11.15 – 12.00 noon Gentle toning movements and core stability, followed by stretching.		HAPPY FEET Suitable for all levels of fitness 10.15 – 11.00am Have fun & laugh together whilst getting fit. Come along & dance to Zumba tunes and others!
	RESIST THAT STRETCH Suitable for all levels of fitness 10.50 – 11.35am Maintains strength & improves posture, increased muscle tone, balance & flexibility Resistance bands provided.			WATCH THIS SPACE
West Wittering Venue: West Wittering Memorial Hall, Elms Lane West Wittering, Chichester. PO20 8LW East Wittering Venue: 4 Downview Close, East Wittering, Chichester PO20 8NS (Opposite the speed camera) Cost: Wittering £5 per class or £40 per month <u>Unlimited Classes</u>				MOVEMENT AND MOBILITY 12.15 – 1.30PM Strengthen muscles and protect the bones. Help with flexibility and everyday functional fitness. Stay for Tea & Cake Afterwards.