

Chichester District Community Activities

January – March 2022 (classes may be subject to change)

Working in partnership with Michelle Minard, Nu You - www.facebook.com/groups/463221491828273

Monday	Tuesday	Wednesday	Friday
Venue: West Wittering Memorial Hall, Elms Lane, West Wittering, Chichester, West Sussex PO20 8LW	Venue: Selsey Centre 55 High Street Selsey West Sussex PO20 0RB	Venue: West Wittering Memorial Hall, Elms Lane, West Wittering, Chichester, West Sussex PO20 8LW	Venue: West Wittering Memorial Hall, Elms Lane, West Wittering, Chichester, West Sussex PO20 8LW
Instructor: Michelle Minard 07827 967005	Instructor: Michelle Minard 07827 967005	Instructor: Michelle Minard 07827 967005	Instructor: Michelle Minard 07827 967005
LEGS, BUMS, TUMS Suitable for all levels of fitness 9.00 – 9.45am A lower body and core workout to tone and shape all the muscles of the legs, glutes & core	FULL BODY WORKOUT 9.30 – 10.15am Targets all major muscle groups of the upper & lower body; a low impact class that will also improve your cardio vascular fitness. Please bring your own Dumbbells for the strength part of the session	BIG BOUNCY BALLS Suitable for all levels of fitness 9.15 – 10.00am Fun class using fitballs working on all muscle groups, no joint impact A fitball is needed for this class	15 - 15 - 15 Suitable for all levels of fitness 9.15 – 10.00AM Three 15 minute sections of aerobics, boxfit and core
ARMS & ABS Suitable for all levels of fitness 9.50 – 10.35am Shape and tone arms using weights; good for bone density and strength too	HAPPY FEET Suitable for all levels of fitness 10.30 – 11.15am Have fun & laugh together whilst getting fit. Coma along & dance to Zumba tunes and others!	PUMP FIT Suitable for all levels of fitness 10.15 – 11.00am Using weights/bars, this class targets all muscle groups to help with strength & everyday fitness	HAPPY FEET Suitable for all levels of fitness 10.15 – 11.00am Have fun & laugh together whilst getting fit. Coma along & dance to Zumba tunes and others!
BALANCE & FLEXIBILITY Suitable for all levels of fitness 12.15 – 1.00pm Improve your balance, strength & everyday functional movement to keep fit & healthy	 <p>FITNESS * NUTRITION * MASSAGE</p>	STRETCH & TONE More sedate class suitable for all 11.15 – 12.00 noon Gentle toning movements and core stability, followed by stretching	CORE FITNESS Suitable for all levels of fitness 11.15 – 12.00 noon Exercises to strengthen the core muscles used for strength, balance & suitability for everyday life

Please pre-book classes by calling Michelle Minard 07827 967005 West Wittering £5 per class, Selsey £4 per class
 Please note we only accept card payments or you can set up a direct debit and pay monthly for access to classes – please ask for more details.