

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

MONDAY	TUESDAY	WEDNESDAY	FRIDAY	
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 9.15 – 10.00am A lower body and core workout to tone and shape all the muscles of the legs, glutes & core	Dance Aerobics Suitable for all levels of fitness 9.15 – 10.00am Come & Dance your way to fitness with this easy to follow workout, the class combines dance and aerobics and builds a routine guarenteed to leave a smile on your face	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	FRIDAY FITNESS Suitable for all levels of fitness 8.00 – 8.45am 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.	Can You Resist Suitable for all levels of fitness 10.15 – 11.00am Bands and Gliders (provided) Maintains strength & improves posture, increased muscle tone, balance & flexibility	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	15 - 15 - 15 Suitable for all levels of fitness 9.15 – 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 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.	QIGONG FLOW Suitable for all levels of fitness 11.15 – 12.00 noon A gentle flowing movement form which focusses on both breath work and subtle manipulation & release of the spine. Developing greater flexibility and a calm mind	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!	
YOGA 12.15 - 1.00pm Improves strength, balance & flexibility, movements & deep breathing increase blood flow & warm up muscles it also builds strength.	Age UK West Sussex, Brighton & Hove, Chichester Office, 1 North Pallant Chichester PO19 1TL. Info-chichester@ageukwsbh.org.uk Registered Office: Suite 2, Anchor Springs, Littlehampton. BN17 6BP#Registered company no. 4146487 and registered charity no. 1086323		QIGONG Suitable for all levels of fitness 11.15 – 12.00 noon Improved posture, lowered stress and anxiety, increased focus, and improved balance and flexibility.	
Wittering Venue: West Wittering Memorial Hall, Elms Lane West Wittering, Chichester. PO20 8LW 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