

Find Your Fitness at Crowborough Centre

Tai Chi

Yang style for Balance, Health and Fitness
Chen style for added Martial Art
crowboroughtaichi.com
Contact Andrea on 01892 654585

Get fit for Life with YOGA !

Relieve the stresses of daily life with a proper workout
Leave feeling chilled and relaxed and go home with a smile on your face.
Suitable for all levels - work at your own pace.

www.osteoinfo.co.uk

Contact Lin Bridgeford on 07710 227038/01273 309557

Facebook: Ashtanga Vinyasa Yoga & Pranayama with Lin Bridgeford

Zumba Gold

Dance exercise classes for those who love music and dance but want a more gentle class that they can enjoy and attend when they are able.

The class costs £5 pay as you go, no need to book. For all abilities and ages.

www.zumbahappy.co.uk

Contact Sarah on 07956 529 204

Yoga Motion Claire McLellan

Immerse yourself in doing something good for you and your body. This is a lighthearted slow flowing style class with precise alignment instruction and a sense of balance within. You will create strength, flexibility and de-stress.

Your 1st class will be free!

www.yogamotion.info

Contact Claire on 07876 712302/

clairemc15@gmail.com

Insanity

A high intensity class using own body weight exercises that are easy to follow with awesome music! Open to all levels as instructors give lots of options for all the moves! Maximising results in minimum time!

Thorne Fitness

Contact Simon Thorne on 07500900633



Pole Inspired

Fun pole fitness classes from beginners to advanced. Everyone is welcome to join us and discover a fun and challenging way to stay in shape. Our instructor Louise is fully qualified with years of experience teaching within the fitness industry.

www.poleinspired.co.uk

Contact 07748988731

Email-contact.poleinspired@gmail.com

Active Plus

A more gentle exercise class with pulse raising toning and stretching exercises. Open to all ages and abilities looking to improve there general wellbeing. A friendly easy to follow class.

Thorne Fitness

Contact Simon Thorne on 07500900633



Focus on Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi (Chen) 8:30am - 9:30am	Tai Chi (Chen) 8:30am - 9:30am	Tai Chi (Yang) 10am - 12:15pm	Tai Chi (Yang) 9:30am - 10:30am	Yoga 9am - 10:30am
Tai Chi (Yang) 10am - 12:15pm			Zumba Gold 9:30am - 10:30am	
Active Plus 10:30am - 11:15am	Pilates 10:30am - 11:15am		Pilates 10:45am - 11:30 am	
Yoga Motion 6pm - 7:15pm		Ashtanga/ Vinyasa Yoga 6:45pm - 7:45pm	Tai Chi (Yang) 11am - 12am	
Kickboxing 7pm - 8pm	Insanity 6:30pm - 7:15pm	7:45pm - 9:30pm	Insanity 6:30pm - 7pm	
Belly Dancing 7:30pm - 9:30pm		Caroline Wright School of Dance Tap Dancing 8pm	Yoga 7:15pm - 8:45pm	
Insanity 8:15pm - 9pm	Pole Inspired 7:45pm - 8:45pm From 14/4/15		Belly Dancing 7:15pm - 9:15pm	

Pine Grove, Crowborough, East Sussex, TN6 1FE, 01892 653823 www.crowboroughcentre.info
 Please contact the class organiser before attending a fitness class (details overleaf)- thank you!