



Focus on: Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Tai Chi (Chen) Beginners 8:30-9:30 Tai Chi (Yang) Improvers 10:00-11:00 Advanced 11:15-12:15	Tai Chi (Chen) Improvers 8:30-9:30 Pilates 10:30-11:15	Tai Chi (Yang) Intermediate 10:00-11:00 Tai Chi Weapons Chen and Yang 11:15-12:15	Morning Activities Tai Chi (Yang) Advanced 9:30-10:30 Zumba Gold 9:30-10:30 Pilates 10:45-11:30 Tai Chi (Yang) Beginners 11:00-12:00	Yoga 9:30-10:30		
Yoga Motion 6:00-7:15 Kickboxing 7:00-8:00 Belly Dancing 7:30-9:30 Insanity 8:15-9:00	Insanity 6:30-7:15 Pole Inspired 7:45-8:45	Ashtanga/Vinyasa Yoga Beginners 6:45-7:45 All Levels 7:45-9:30 Caroline Wright School of Dance Tap dancing 8:00	Insanity 6:30-7:00 Yoga 7:15-8:45 Belly Dancing 7:15-9:15			

Afternoon Activities

Please note that fitness activities specifically for children are not listed here - they can be found in the Focus on Under 18 listing

Tai Chi

Chen and Yang styles

Andrea has been involved in Tai Chi for 15 years and has been a listed instructor with the Tai Chi Union of Great Britain since 2006. Tai Chi is suitable for all ages and abilities. For balance, health and fitness - Yang style. For added Martial Art - Chen style.

Contact Andrea 01892 654585
www.crowboroughtaichi.com

Yoga Motion

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.

Contact Claire McLellan 07876 712302
www.yogamotion.info

Kickboxing

Learn new skills on how to defend yourself, increase fitness and self-esteem in a friendly environment.

Contact John 07760 218059
www.freestyle-karate.co.uk

Insanity

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

Contact Simon Thorne 07500 900633
www.thornefitness.co.uk

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.

Contact Louise 07748 988731
www.poleinspired.co.uk

Ashtanga/Vinyasa Yoga

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

Contact Lin Bridgeford 07710 227038
www.osteo-info.co.uk

Zumba Gold

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

Contact Sarah 07956 529204
www.zumbahappy.co.uk

Yoga

Claire is a qualified McTimoney chiropractor and has been practising yoga for 14 years. During this time she found yoga to have such a profound positive benefit on her own life and health, she decided to train and qualified as a BWY teacher 4 years ago.

Contact Claire Amos 07545 627478
www.claireamos.co.uk

Belly Dancing

is provided by the

Adult College for Rural East Sussex

Please see www.acreslearning.org.uk



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