



### Focus on: Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Tai Chi (Chen)</b> Beginners 8:15-9:30 <b>Tai Chi (Yang)</b> Improvers 10:00-11:00 <b>Sweaty Mama</b> 11.30-12.30 <b>BalletBesque</b> Adult Improvers 1.30-2.30	<b>Tai Chi (Chen)</b> Improvers 8:30-9:30 <b>Pilates</b> 10:30-11:15	<b>Tai Chi (Yang)</b> Intermediate 10:00-11:00 <b>Tai Chi (Weapons)</b> Chen and Yang 11:15-12:00	<b>Morning Activities</b> <b>Tai Chi (Yang)</b> Advanced 9:30-10:30 <b>Zumba Gold</b> 9:30-10:30 <b>Pilates</b> 10:45-11:30 <b>Tai Chi (Yang)</b> Beginners 11.00-12.00	<b>Yoga (Claire Amos)</b> 9:00-10:30		
<b>Kangoo Jumps</b> 6.15-7.15 <b>Yoga (Claire McLellan)</b> 6:00-7:15 <b>Kickboxing</b> 7:00-8:00 <b>Belly Dancing</b> 7:30-9:30 <b>Clubbercise</b> 8:15-9:15	<b>BalletBesque</b> Adult Intermediate 1.15-2.15	<b>Yoga (Lin Bridgeford)</b> 6.45-9.00 <b>BalletBesque</b> Complete Beginners 7.00-8.00 Improvers 8.00-9.00	<b>Afternoon Activities</b> <b>Kangoo Jumps</b> 7.15-8.15 <b>Yoga (Claire Amos)</b> 7:15-8:45	<b>BalletBesque</b> Intermediate Barre 1.00-1.45		

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

<b>Tai Chi</b> 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. <b>Contact Andrea 01892 654585</b> <a href="http://www.crowboroughtaichi.com">www.crowboroughtaichi.com</a>	<b>Yoga with Claire McLellan</b> 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. Chair yoga enables anyone with difficulties getting down on the floor to a mat to enjoy the benefits of yoga without the strain. <b>Contact Claire McLellan 07876 712302</b> <a href="http://www.yogamotion.info">www.yogamotion.info</a>	<b>Kickboxing</b> Learn new skills on how to defend yourself, increase fitness and self-esteem in a friendly environment. <b>Contact John 07760 218059</b> <a href="http://www.freestyle-karate.co.uk">www.freestyle-karate.co.uk</a>	<b>Clubbercise</b> Simple, fun dance fitness routines using glow sticks to club anthems from the 90's to latest chart hits taught in a darkened room with disco lights. <b>Contact Samantha Walsh 07850 064661</b> <a href="http://www.clubbercise.com">www.clubbercise.com</a>
<b>Ashtanga/Vinyasa Yoga</b> Relieve the stresses of daily life with a proper workout. Leave feeling chilled and relaxed. Suitable for all levels - work at your own pace. <b>Contact Lin Bridgeford 07710 227038</b> <a href="http://www.osteo-info.co.uk">www.osteo-info.co.uk</a>	<b>Zumba Gold</b> Dance exercise class 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. <b>Contact Sarah 07956 529205</b> <a href="http://www.zumbahappy.co.uk">www.zumbahappy.co.uk</a>	<b>Yoga with Claire Amos</b> 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. <b>Contact Claire Amos 07545 627478</b> <a href="http://www.claireamos.co.uk">www.claireamos.co.uk</a>	<b>Belly Dancing</b> is provided by the <b>Adult College for Rural East Sussex</b> Please see <a href="http://www.acreslearning.org.uk">www.acreslearning.org.uk</a>
			<b>BalletBesque</b> Carla and Kellie trained at the Royal Ballet School, London. Strictly Ballet encourages people of all ages and genders to experience this extremely beneficial form of dance. Discipline, balance and coordination, plus the stimulation of the brain and of course, physical workout. <b>Contact Carla 07557 877566 or Kelly 07789 915230</b> <a href="http://www.balletbesque.com">www.balletbesque.com</a>
			<b>Kango Jumps</b> Using special jump shoes with springs, this class is ideal for preventing joint injuries, rehabilitation after sports injuries or surgery, lack of physical activity or energy as well as a great calorie burn for exercise enthusiasts. <b>Contact Denisa</b> <a href="https://twitter.com/DenisaKLinstructorUK">@DenisaKLinstructorUK</a>