



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 for Health & Well-Being Mixed ability 10:45-12:15	Yoga (Claire Amos) 9:30-10:30		
Yoga Motion 6:00-7:15 Kickboxing 7:00-8:00 Belly Dancing 7:30-9:30	Insanity 6:30-7:15 Pole Inspired 7:45-8:45	Yoga for Health & Well-Being Mixed ability 12:15-1:45 Ashtanga/Vinyasa Yoga Beginners 6:45-7:45 All Levels 7:45-9:30 Caroline Wright School of Dance Tap dancing 8:00	Afternoon Activities Metafit 6:15-6:45 Yoga (Claire Amos) 7:15-8:45 Belly Dancing 7:15-9:15			

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

<p>Tai Chi Chen and Yang styles</p> <p>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.</p> <p>Contact Andrea 01892 654585 www.crowboroughtaichi.com</p>	<p>Yoga Motion</p> <p>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.</p> <p>Contact Claire McLellan 07876 712302 www.yogamotion.info</p>	<p>Kickboxing</p> <p>Learn new skills on how to defend yourself, increase fitness and self-esteem in a friendly environment.</p> <p>Contact John 07760 218059 www.freestyle-karate.co.uk</p>	<p>Insanity</p> <p>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!</p> <p>Contact Simon Thorne 07500 900633 www.thornefitness.co.uk</p>	<p>Pole Inspired</p> <p>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.</p> <p>Contact Louise 07748 988731 www.poleinspired.co.uk</p>	
<p>Ashtanga/Vinyasa Yoga</p> <p>Relieve the stresses of daily life with a proper workout. Leave feeling chilled and relaxed. Suitable for all levels - work at your own pace.</p> <p>Contact Lin Bridgeford 07710 227038 www.osteo-info.co.uk</p>	<p>Zumba Gold</p> <p>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.</p> <p>Contact Sarah 07956 529204 www.zumbahappy.co.uk</p>	<p>Yoga with Claire Amos</p> <p>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.</p> <p>Contact Claire Amos 07545 627478 www.claireamos.co.uk</p>	<p>Belly Dancing is provided by the Adult College for Rural East Sussex</p> <p>Please see www.acreslearning.org.uk</p>	<p>Yoga for Health & Well-Being with Sue Davies</p> <p>Healthy Spine Mobile body Improved Posture Efficient breathing Sense of Well-Being Ability to relax</p> <p>Contact Sue Davies 01892 655070 yogabarnes@hotmail.com</p>	<p>Metafit</p> <p>A 30 minute non choreographed bodyweight workout to boost metabolism and burn fat. The work out will push your muscles to fatigue and elevate your heart rate so that you carry on burning calories for 24 hours after the session</p> <p>Contact Simon Thorne 07500 900633 www.thornefitness.co.uk</p>