



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	Tai Chi (Chen) Improvers 8:30-9:30 Pilates 10:45-11:30	Tai Chi (Yang) Intermediate 10:00-11:00 Tai Chi (Weapons) Chen and Yang 11:15-12:00	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 (Claire Amos) 9:30-10:30	Clubbercise 9:30-10:30	
Afternoon Activities						
Strictly Ballet Strengthening/mat work 1:30-2:30 Yoga (Claire McLellan) 6:00-7:15 Kickboxing 7:00-8:00 Belly Dancing 7:30-9:30 Clubbercise 8:15-9:15	Pole Inspired 6:45-9:45	Ashtanga/Vinyasa Yoga Beginners 6:45-7:45 All Levels 7:45-9:00	Yoga (Claire McLellan) Chair Yoga 3:30-4:30 Hinchliffe Exercise 6:15-7:00 Yoga (Claire Amos) 7:15-8:45 Belly Dancing 7:30-9:00	Strictly Ballet Beginners/mixed ability 7:45-9:00		

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

<p style="text-align: center;">Tai Chi</p> <p style="text-align: center;">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 style="text-align: center;">Contact Andrea 01892 654585 www.crowboroughtaichi.com</p>	<p style="text-align: center;">Yoga with Claire McLellan</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. Chair yoga enables anyone with difficulties getting down on the floor to a mat to enjoy the benefits of yoga without the strain.</p> <p style="text-align: center;">Contact Claire McLellan 07876 712302 www.yogamotion.info</p>	<p style="text-align: center;">Kickboxing</p> <p>Learn new skills on how to defend yourself, increase fitness and self-esteem in a friendly environment.</p> <p style="text-align: center;">Contact John 07760 218059 www.freestyle-karate.co.uk</p>	<p style="text-align: center;">Clubbercise</p> <p>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.</p> <p style="text-align: center;">Contact Samantha Walsh 07850 064661 www.clubbercise.com</p>	<p style="text-align: center;">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 style="text-align: center;">Contact Louise 07748 988731 www.poleinspired.co.uk</p>
<p style="text-align: center;">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 style="text-align: center;">Contact Lin Bridgeford 07710 227038 www.osteo-info.co.uk</p>	<p style="text-align: center;">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 style="text-align: center;">Contact Sarah 07956 529205 www.zumbahappy.co.uk</p>	<p style="text-align: center;">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 style="text-align: center;">Contact Claire Amos 07545 627478 www.claireamos.co.uk</p>	<p style="text-align: center;">Belly Dancing</p> <p>is provided by the Adult College for Rural East Sussex</p> <p>Please see www.acreslearning.org.uk</p>	<p style="text-align: center;">Strictly Ballet</p> <p>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.</p> <p style="text-align: center;">Contact Carla or Kelly info@strictlyballet.co.uk www.strictlyballet.co.uk</p>