

Head Teacher:  
Roger Matthews

PO57

## KEEP FIT FOR THE YOUNG AT HEART

**DAY AND TIME:** Friday 9.30am - 10.30am

**VENUE:** Castle Street Centre

**TUTOR:**



**DURATION:** 10 weeks per term

**COST:** £40.00

**COURSE COMMENCES:** Autumn Term - 24<sup>th</sup> September 2010  
Spring Term - 21<sup>st</sup> January 2011  
Summer Term - 29<sup>th</sup> April 2011

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### WHAT DOES THE CLASS INVOLVE?

A FUN and friendly hour. Learning new steps and travelling moves. Working all the major muscle groups. Firming those Legs, Bums and Tums. Low impact/low medium intensity. Ideal for beginners or someone who has had a break from exercise. Age no object. We do plenty of gently stretching with relaxation to reward the body.

**KEEPING FIT CAN BE FUN – GIVE IT A GO, I'M SURE YOU WILL ENJOY YOURSELF.**

*50% discount on course fees for those claiming a means tested benefit  
Refund Policy – we can only refund course fees due to serious illness or sudden move a £10 admin fee  
will be deducted*

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## **WHAT DO I NEED TO WEAR/BRING?**

Comfortable clothing, shorts, T-shirts, leggings. A supportive and shock absorbing shoe (trainers). You could bring a mat or towel to lie on and a drink.

## **WHAT WILL I ACHIEVE?**

There are so many benefits to keeping fit; here are just a few of them:

- Improved circulation
- Burns calories and helps maintain weight at a steady level or if combined with a healthy diet can help with weight loss
- Improves posture and muscle tone
- Can help slow down the aging process by keeping vitality

## **PROGRESSION**

Possible progression routes are aerobic classes held at Portchester Community School on Tuesday and Thursday evenings at 6.00pm until 7.00pm or a Legs, Bums and Tums class on Wednesday evenings at 6.00pm to 7.00pm.

**These are just a few, but the most important benefit is IT MAKES YOU FEEL GOOD TOO.**