

Head Teacher:
Roger Matthews

PO58 KEEP FIT FOR ALL

DAY AND TIME: Friday 10.45am - 11.45am

VENUE: Castle Street Centre

TUTOR:



DURATION: 10 weeks per term

COST: £40.00

COURSE COMMENCES: Autumn Term - 24th September 2010
Spring Term - 21st January 2011
Summer Term - 29th April 2011

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.