

fitness

COURSES

Iyengar Yoga

A course to develop flexibility, strength and stamina through the practice of classical asanas (poses) which bring body and mind into balance.

Dance Fitness

A course that utilises a range of dance techniques and routines to promote health and well being in a fun way.

Pilates

Awareness, alignment and attention to detail are the building blocks used to help create physical harmony, balance and strength, whilst providing a refreshing and energizing workout.

Tai Chi

Chinese martial art that incorporates Chi Gung (energy exercises) within its movements. Slow regular breathing calms the nervous system & high blood pressure, relaxing tension. Slow deep stretching strengthens the immune system combines with choreography teaches self defence techniques.

Salsa

A latin dance class using the popular Salsa style. Choose a class to suit your ability and come and get the hips swaying with our experienced but fresh and vibrant teachers!

50+ Activity Morning

A morning designed to promote health and activity for those over 50 but in no hurry to slow down!

Come along and enjoy a game of raquet ball, squash, badminton, table tennis, shuffleboard or even try your hand at archery!

For those who want a slightly less strenuous morning or to enjoy a welcome break between sports, cribbage, dominoes, bridge and other games are on offer with a dip in the pool to finish.

Starting Week Beginning

April 19th 2010

Iyengar Yoga

Monday	20.15 - 21.45	MEG	12 wks	£68.40
Tuesday	19.15 - 21.45	MEG	14 wks	£79.80
Thursday	10.30 - 12.00	MEG	13 wks	£74.10
Thursday	20.15 - 21.45	JO	14 wks	£79.80
Friday	13.30 - 15.00	MEG	13 wks	£74.10

Beginners Yoga

Saturday	10.00 - 11.30	-	6 wks	£34.20
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Dance Fitness

Wednesday	9.15 - 10.15	SUE	13 wks	£54.60
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Pilates

Friday	10.25 - 11.25	ZOLSA	11 wks	£58.80
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NOTE: It is possible to join a course later than the start date.

Additional Pay-as-you-Go Courses

Tai-Chi

Tuesday	9.15 - 10.15	Studio 1	Yuri	£4.60 per Session
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Thursday	19.15 - 20.15	Studio 2	Yuri	£4.60 per Session
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Salsa - Beginners

Tuesday	19.15 - 20.15	Studio 2		£4.60 per Session
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Salsa - Improvers

Tuesday	20.15 - 21.15	Studio 2		£4.50 per Session
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50+ Activity Morning

Friday	10.00 - 13.00	Studio2		£3.60 per Session
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Junior Spin - (13-16yrs Term Time Only)

Monday	16.00 - 16.45	Studio 2	Paul	
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or visit www.kingsfitness.co.uk

