

2020 CLASS TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0915 -1015 AEROBICS		0850 - 0950 BEGINNERS PILATES	0930 - 1030 BEGINNERS PILATES COURSE	0930 - 1030 PILATES	
		1000 - 1100 IMPROVERS PILATES			
		1140 - 1240 FITJOY PILATES	1130 - 1230 PARACISE PLUS STRENGTH	1115 - 1215 STEADY & STRONG	
	1215 - 1315 IMPROVERS PILATES COURSE			1230 - 1315 PARACISE	
		1300 - 1345 PARACISE	1300 - 1400 FALLS PREVENTION		
1400 - 1450 STEADY & STRONG	1430 - 1530 FALLS PREVENTION	1400 - 1450 STEADY & STRONG			
1500 - 1550 PARACISE					

- Bracklesham Barn, Bracklesham
- New Park Centre, Chichester
- Lindy Griffiths, Bosham
- The Grange, Midhurst
- Fishbourne Centre, Fishbourne
- St James Centre, Birdham
- Selsey Centre, Selsey
- Chichester Football Club

2020 CLASS TIMETABLE

STARTING 6TH JANUARY 2020 | VISIT WWW.HEALTHDRIVEN.CO.UK FOR LATEST CLASS LIST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
⋮	⋮	⋮	⋮	⋮	⋮
⋮	1745 - 1845 LEGS BUMS & TUMS	⋮	1730 - 1830 BEGINNERS PILATES COURSE	⋮	⋮
⋮	⋮	⋮	1830 - 1930 IMPROVERS PILATES COURSE	⋮	⋮

PARACISE

A new innovative exercise class designed to enrich your life. It is a gentle but effective workout that flows smoothly through movements designed to improve mobility, flexibility and balance. Medication in motion!

PARACISE PLUS STRENGTH

My normal 45 minute Paracise class PLUS 15 minutes standing strength/ resistance work as an optional extra at the end.

Still no floor work and you can use a chair for balance if you need it.

LEGS, BUMS & TUMS

If you want a class that has a bit of everything, this is the class for you! Strengthen the whole body, improve posture and flexibility. Please bring your own weights and Mat if you have them.

PILATES

Pilates helps improve posture, movement and strengthens the whole body. It can also help relieve stress with helpful breathing techniques and really helps manage joint pain through better body awareness.

FALLS PREVENTION

Hands up who wants to prevent a fall?

Heidi can help you discover how to improve balance, strength and confidence to reduce the risk of falling.

If you have experienced a fall or are just feeling a bit more unsteady on your feet, this class will be great for you.

This class is a combination of seated and standing exercises, suitable for all abilities.

STEADY & STRONG

This class is one step on from my Falls Prevention classes and includes more progressive and dynamic exercises to further improve your movement, strength and balance.

All exercises can be adapted for each individual, if you have any limitations through joints, injury or other medical conditions.

It is a fun class focusing on the whole body and can help you improve with activities of everyday living you may find hard.

For more information, contact Heidi Johnson on heidi@healthdriven.co.uk or 07826 924 923