

# Mind, Body and Soul AGE 16+

## Yoga Beginners/Improvers

This class is for the complete beginner and those who have some experience, it aims to promote a healthy and stress free life with the help of yoga.

10 weeks, Thur 7 - 8.30pm

Start dates 15 Sep, 19 Jan, 26 Apr

Full fee £50

## Yoga Advanced

This course is for learners who have at least one year's experience of yoga.

10 Weeks, Tues 6.30 - 8pm

Start dates 27 Sep, 17 Jan, 24 Apr

Full fee £50



## Tai Chi

Suitable for beginners and improvers

10 weeks, Wed 10 - 11am

Start dates 21 Sep, 18 Jan, 2 May

£30

## Ballroom & Latin American Beginners

This class is an introduction to Ballroom and Latin American during which students will learn basic movements in variations in Waltz, Quickstep, Cha Cha Cha, Foxtrott and Rumba

10 weeks, Mon 6.30 - 7.30pm

Start dates 26 Sep, 16 Jan, 23 Apr

Full fee £30

## Ballroom & Latin American Improvers

This course will suit anyone who has completed the beginners course.

10 weeks, Mon 7.30 - 9pm

Start dates 26 Sep, 16 Jan, 23 Apr

Full fee £45



## Ballroom & Latin American Intermediate

This course will suit anyone who has completed the beginners and improvers classes.

10 weeks, Mon 9 - 10.30pm

Start dates 26 Sep, 16 Jan, 23 Apr

Full fee £45

## Line Dance Beginners

This course is designed for absolute beginners, you will learn basic steps of line dancing. The style of dance is very low impact and suitable for all ages.

10 weeks, Wed 6 - 7pm

Start dates 28 Sep, 18 Jan, 25 Apr

Full fee £30

## Line Dance Improvers

These sessions are suitable for learners who have completed the beginners course and will involve more advanced dances.

Weekly, Weds 10.30 - 12noon,  
7 - 8.30pm

Start dates Wed 28 Sep, 18 Jan,  
25 Apr

£3.50 per session

## Intro to Sport and Recreation

Come and try out badminton and other indoors sports

6 weeks, Fri 3 - 4pm

Start dates 4 Nov, 6 Jan, 24 Feb,  
20 Apr, 15 Jun

£3 per session

## Exercise for Fitness and Wellbeing

6 weeks, 8 hours, Mon 11 - 12noon,  
Wed 12 - 1pm

Start dates 12 Sep, 14 Sep, 31 Oct,  
2 Nov, 9 Jan, 11 Jan, 20 Feb, 22,  
Feb, 16 Apr, 18 Apr, 11 Jun, 13 Jun

Includes a lifestyle assessment at  
the start and end of the course

£3.50 per session



## One to One Exercise and Lifestyle

Do you need extra help to improve your fitness? Come in for a one to one review of your present and future fitness needs.

2 hours

£10 Ring for details

## Zumba

If you have ever wanted to learn Zumba, this is your opportunity!

10 weeks courses starting

September 2011. Ring for details