



Fun, Affordable, local Fitness for All!

FOR MORE INFORMATION: BELINDA 07725123166 or Belinda@funwithfitness.net www.funwithfitness.net

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
10.30am - 11.30am	Seated Aerobics	Ladies Only Aerobics	Seated Aerobics	Ladies Only Tone & Strengthen	(10am) Ladies Only Walking
12.30pm - 1.30pm	Ladies Only Tone & Strengthen	11.45am Ladies Only Introduction to Pilates Course		11.45am Ladies Only Pilates	
3.30pm - 4.30pm					Walking for The over 60s
6pm - 6.55pm	Fast Walking		Fast Walking		Fast Walking
6.30pm - 7.30pm		Toning & Strengthening		Aerobics	
7pm - 8pm	Run/Jogging Club	7.45pm Introduction to Pilates Course	Run/Jogging Club	7.45pm Pilates	Events Training

 Meeting Point - Recreation Lodge, Old Heath Road, CO1 2EP

 Old Heath Community Centre, Darcy Road (off of Old Heath Road)

 Celtic Rose Centre, Guildford Road, CO1 2RB

 Meeting Point, Outside Colchester Castle, Castle Park.

Pilates Classes run as 10 week programs and must be enrolled upon!

Other classes are pay as you go or by monthly payment in advance.