

FITNESS AND RELAXATION

POWER WALKING

Monday @ 9.00am and Thursday @ 9.00am

DVD session. An energetic 'power walk' of three miles (on the spot) inside the hall. This activity can be performed at your own pace. Get Moving and set yourself up for the rest of the day. Note: Wear loose clothing and footwear.

STRENGTH AND STRETCH - DVD

Tuesday @ 11.00am

Gentle exercises to stretch and strengthen your body to assist with fitness and good health. Note: Wear comfortable clothing.

TAI CHI

Monday @ 10.00am and Wednesday @ 2.30pm

This form of Tai Chi helps with arthritis, fall prevention and general well-being. Note: Wear loose clothing and comfortable shoes.

YOGA

Monday @ 1.30pm

This graceful form of yoga is based on soft flowing movements, directed breathing and visualisation, and the session finishes with relaxing meditation. Note: Wear comfortable clothing and bring your own mat.

ZUMBA

Wednesday @ 9.15am

DVD session. Begin with power walk warm-up then Zumba dance movements to South American music. Note: Wear comfortable footwear and clothing.
