



Body Moves and Mature Movers classes are fun and friendly. They will help you get in shape in an enjoyable and motivating environment.

All instructors are fully qualified to teach exercise classes and will ensure that you increase your fitness safely and in a progressive way with plenty of variety.

Along with some great music, the classes have a mixture of dance and traditional aerobics moves that are easy to follow but definitely not boring! You will look forward to coming each week and will enjoy meeting other people too.

All abilities are welcome and although they have been developed with the 50+ age bracket in mind they are open for all.

Come along today and – give it a go!

"I enjoy the routines which exercise the mind as well as the body. Good fun, good company... I wouldn't miss it!"

"It's a great fun way to stay healthy. My GP told me it's excellent for safeguarding against Osteoporosis and is good for reducing blood pressure. Social exercise has also been proven to help the brain!"

"Great fun, fantastic people and it's good for me too!"

"It keeps me fit and young! We have a laugh and it's great fun."

Body Moves & Mature Movers

For more information, please contact the
Active Lifestyles Coordinator,
East Hampshire District Council

01730 234067

www.getactivenow.org.uk



**Fun, enjoyable
exercise for active
older people!**

Body Moves and Mature Movers Programme Schedule

Venue	Class	Day	Time	Instructor	Contact	Details
Alton Sports Centre	Keep Fit/ Active 50+	Monday and Friday	9.20-9.55 Warm Up/Tone 10.15-10.55 Keep Fit 10.55-11.40 Keep Fit 1.10-1.50 Zumba	Fiona Mel	01420 540040	£3.80 under 60's, £3.00 over 60's. Must join the Health & Fun Club first £25 p.a.
Alton Community Centre, Amery Street	Body Moves	Wednesday	10-11am	Sheron	01420 560065	£52.12 for 10 weeks. Payable in advance. Concs' available.
Beech Village Hall, Medstead Road	Body Moves	Thursday	7.00-8.00pm	Sheron	01420 560065	£5 per class. Open to all. KFA.
Bordon, Forest Community Centre, Forest Road	Mature Movers/ Extend	Tuesday	2-3pm	Karen	01428 723527	£22.50 for 6 weeks. Open to all.
Kingsley Centre, Main Road	Body Moves	Monday	2.30-3.15pm	Patricia	01730 893446	£3. Open to all. Suitable for those with learning disabilities.
Liss Village Hall, Hillbrow Road	Body Moves	Monday Thursday	10.30-11.30am 7.30-8.45pm	Patricia Patricia	01730 893446 01730 893446	£2.50 per class. Open to all. KFA. £4 per class. Payable a month in advance. Open to all. KFA.
Liphook Scout Hall, Millennium Centre	Mature Movers/ Extend	Wednesday	9.30-10.30am	Karen	01428 723527	£22.50 for 6 weeks. Open to all.
Medstead Village Hall (nr Alton)	Body Moves	Tuesday	2-3pm 6-7pm	Sheron	01420 560065	£5 per class. Open to all. KFA.
Petersfield, Taro Leisure Centre, Penns Place	Keep Fit/ Active 50+	Tuesday Friday	12.30-1.25pm 1.30-2.25pm	Victoria Lesley	01730 263996	£3.85 for under 60's, £3.00 for over 60's.
Petersfield, Avenue Pavilion, The Avenue	Mature Movers/ Extend	Wednesday	2-3pm	Karen	01428 723527	£22.50 for 6 weeks. Open to all.
Sheet Village Hall	Body Moves	Monday	8-9.30pm	Anne	023 9259 5581	£5 per class. Payable a month in advance. Open to all. KFA.



KFA = Keep Fit Association class

For more information on activities for older people take a look at our website www.getactivenow.org.uk

Get Active...
East Hampshire