



AUTUMN 2015 TIMETABLE

All of the classes listed on this timetable are created and taught by Joani St Clere, who is an international presenter and group fitness master trainer. Joani has over 20 years of teaching experience and is a professional member of REPS, ZIN, FIA, FitPro, AFFA & ACSM. Rest assured that your teacher is fully qualified and insured in order to teach you safely and effectively.

<i>MONDAY EVENINGS IN MALDON</i>				
6:30pm	<i>PILATES FOR BACK CARE</i>	45min	<i>Jasmine Suite Maldon FC</i>	<i>FEES</i>
7:30pm	<i>ZUMBA FITNESS LIVE</i>	60min	<i>Jasmine Suite Maldon FC</i>	<i>£5-50</i>
8:30pm	<i>INTER YOGA COURSE</i>	75min	<i>Jasmine Suite Maldon FC</i>	<i>FEES</i>
<i>TUESDAY EVENINGS IN MALDON</i>				
6.15pm	<i>PILATES INTERMEDIATE</i>	45min	<i>Plume Dance Studio</i>	<i>£5-50</i>
7.15pm	<i>INTRO TO YOGA</i>	60min	<i>Plume Dance Studio</i>	<i>£6-00</i>
8.15pm	<i>BEACH BODY BOOTCAMP</i>	60min	<i>Plume Dance Studio</i>	<i>FEES</i>
<i>WEDNESDAY EVENINGS IN GALLEYWOOD</i>				
6.45pm	<i>BEACH BODY BOOTCAMP</i>	45min	<i>Galleywood Heritage Ctr</i>	<i>FEES</i>
7.30pm	<i>ZUMBA FITNESS LIVE</i>	60min	<i>Galleywood Heritage Ctr</i>	<i>£5-50</i>
8.30pm	<i>PILATES MIXED ABILITY</i>	45min	<i>Galleywood Heritage Ctr</i>	<i>£5-50</i>
<i>THURSDAY EVENINGS IN MALDON</i>				
6:00pm	<i>BEGINNERS PILATES</i>	45min	<i>Jasmine Suite Maldon FC</i>	<i>£5-50</i>
7:00pm	<i>ADVANCED PILATES</i>	60min	<i>Jasmine Suite Maldon FC</i>	<i>FEES</i>
8:00pm	<i>ZUMBA FITNESS</i>	60min	<i>Jasmine Suite Maldon FC</i>	<i>£5-50</i>
9:00pm	<i>PIYO LIVE – NEW FOR SEPT</i>	45min	<i>Jasmine Suite Maldon FC</i>	<i>FEES</i>
<i>FRIDAY MORNINGS IN MALDON</i>				
9:30am	<i>ZUMBA FITNESS</i>	60min	<i>West Maldon Comm Ctr</i>	<i>£5-50</i>
10:30am	<i>PILATES INTERMEDIATE</i>	60min	<i>West Maldon Comm Ctr</i>	<i>FEES</i>
11.30am	<i>PILATES FOR BACK CARE</i>	45min	<i>West Maldon Comm Ctr</i>	<i>FEES</i>

PLEASE NOTE THAT CLASSES SHADED GREY ABOVE ARE FULLY BOOKED FOR SEPTEMBER – PLEASE SPEAK TO US ABOUT THE WAITING LIST FOR A SPACE ON THESE CLASSES.

TO DISCUSS YOUR FITNESS GOALS OR ASK QUESTIONS YOU CAN CALL JOANI DIRECT ON:
07787 512617 or email joanistclere@essexhealthandfitness.co.uk

“We look forward to seeing you in class!”

WWW.ESSEXHEALTHANDFITNESS.CO.UK

