



Courses for Adults

COURSE INFORMATION 2017/2018

FITNESS AT CHARLTON

Tutor	:	Eileen Taylor
Day	:	Thursday
Time	:	7.30 – 8.30 pm
Starting	:	14 th September 2017 - Autumn Term 11 th January 2018 - Spring Term 19 th April 2018 - Summer Term
Length of Course	:	12 weeks – Autumn Term
Week One	:	PLEASE REPORT TO CHARLTON CHURCH HALL

Level

Suitable for beginners or the more experienced alike.

Content

Exercise to popular music in a fun and enjoyable way. Improve your flexibility, strength and stamina without the stress and strain of aerobics.

Student Requirements

- Please complete the attached Screening Form and bring along to your first session
- Suitable clothing, e.g. tracksuit, leggings or leotard and trainers.
- Bring a mat or towel for floor work.

Personal Message From the Tutor

“Come and have fun, make new friends and improve your fitness levels.”