



Courses for Adults

COURSE INFORMATION 2018/2019

FITNESS AT CHARLTON

Tutor	:	Eileen Taylor
Day	:	Thursday
Time	:	7.30 – 8.30 pm
Starting	:	13 th September 2018 - Autumn Term 10 th January 2019 - Spring Term 25 th April 2019 - Summer Term
Length of Course	:	12 weeks – Autumn & Spring Terms 11 weeks – Summer 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

- a) Please complete the attached Screening Form and bring along to your first session
- b) Suitable clothing, e.g. tracksuit, leggings or leotard and trainers.
- c) 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.”