



# Courses for Adults

## COURSE INFORMATION 2019/2020

### FITNESS AND FUN FOR WOMEN AT CHARLTON

Tutor	:	Eileen Taylor
Day	:	Thursday
Time	:	7.30 – 8.30 pm
Starting	:	12 <sup>th</sup> September 2019 - Autumn Term 9 <sup>th</sup> January 2020 - Spring Term 23 <sup>rd</sup> April 2020 - Summer Term
Length of Course	:	12 weeks
Venue	:	St Thomas' Church, Charlton, Andover
Week One	:	<b>PLEASE REPORT TO ST THOMAS' CHURCH HALL</b>

#### 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

- 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.”