

Personal Training with Lorraine

Fitness Classes

www.personaltrainingwithlorraine.co.uk

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| <p>**STOTT Pilates for mixed ability</p> | <p>Monday 1.30pm - 2.30pm (Mixed Ability & 60 Plus) 2.40pm - 3.40pm (Remedial)</p> <p>@ Sullington Parish Hall, Thakeham Road, Storrington, RH20 3PA West Sussex</p> <p>Contact Lorraine for More Details</p> | <p>Strengthens and balances the body. Improves back pain, co-ordination, flexibility, posture and promotes a feeling of well being.</p> <p>Mats are provided.</p> <p>Suitable for men and women of all ages and abilities.</p> <p>Maximum 10 people in both classes</p> |
| <p>*50 Plus Aqua fit</p> | <p>Tuesday 8.00am – 9.00am</p> <p>@ Pavilions in the park, Hurst Road, Horsham, West Sussex RH12 2DW</p> <p>01403-219200</p> | <p>Let the water take the weight of your body while you exercise, working your heart and strengthening your muscles.</p> <p>Suitable for all abilities, men and women.</p> |
| <p>**STOTT Pilates Mat work for mixed ability</p> | <p>Tuesday 10.30am – 11.30am</p> <p>@ Steyning Leisure Centre, Horsham Road, Steyning, BN44 3RX</p> <p>01903-879666 Please book</p> | <p>Strengthens and balances the body. Improves back pain, co-ordination, flexibility, posture and promotes a feeling of well being.</p> <p>Limited mats provided.</p> <p>Suitable for mixed ability, men & women.</p> <p>Maximum 20 people in class</p> |
| <p>**STOTT Pilates mat work for mixed ability</p> | <p>Tuesday 6.00pm - 7.00pm (Mixed) 7.00pm - 8.00pm (Mixed) 8.00pm - 9.00pm (Mixed)</p> <p>@ Body Matters, 36 High Street, Steyning, West Sussex</p> <p>01903-813500 Please book</p> | <p>Strengthens and stabilizes the pelvis to make the body balanced, therefore improving back issues.</p> <p>Giving increased co-ordination, flexibility, and promotes a feeling of well being.</p> <p>Mats, power circles, pilates balls and bands are provided.</p> <p>Suitable for mixed ability.</p> <p>Maximum 6 people in each class</p> |
| <p>**STOTT Pilates for mixed ability/one to one consultations</p> | <p>Wednesday 6.00pm - 7.00pm (Mixed) 7.05pm - 8.05pm (Mixed) 8.10pm - 9.10pm (Mixed)</p> <p>@ St Cuthman Room Next to Christ the King Church, Ingram Road off Bramber Road, Steyning, BN44 3PB</p> <p>Contact Lorraine for More Details</p> | <p>Strengthens and balances the body. Improves back pain, co-ordination, flexibility, posture and promotes a feeling of well being.</p> <p>Mats, power circles, pilates balls and bands are provided.</p> <p>Suitable for men and women of all ages.</p> <p>Maximum 8 people per class</p> |
| <p>**STOTT Pilates for mixed ability</p> | <p>Thursday 1.30pm – 2.30pm</p> <p>@ Southwater Leisure Centre, Pevensey Rd, Southwater, Horsham, 01403 733208</p> <p>Contact Lorraine for More Details</p> | <p>Strengthens and balances the body. Improves back pain, co-ordination, flexibility, posture and promotes a feeling of well being.</p> <p>Mats are provided.</p> <p>Suitable for men and women of all ages and abilities.</p> <p>Maximum 10 people per class</p> |
| <p>*Aqua Fit Class</p> | <p>Friday 10.30am – 11.30am</p> <p>@ Steyning Leisure Centre, Horsham Road, Steyning, BN44 3RX</p> <p>01903-879666 Please book</p> | <p>An fun aerobic workout supported by water, working your heart and strengthening your muscles.</p> <p>Suitable for all abilities, men and women.</p> |