

Personal Training with Lorraine

Fitness Classes

www.personaltrainingwithlorraine.co.uk

<p>Online STOTT Pilates Zoom Class</p>	<p>Monday 10.00am - 10.40am (Mixed Ability) 11.00am - 11.40am (Mixed Ability)</p> <p>Please email or text Lorraine to book class fitness.lorraine@googlemail.com 07941 078091 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>Suitable for men and women of all ages and abilities.</p>
<p>**STOTT Pilates for mixed ability</p>	<p>Monday 1.00pm - 2.00pm (Mixed Ability) 2.20pm - 3.20pm (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>Thick 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-8.45am</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. Maximum 40 people in class.</p>
<p>**STOTT Pilates Mat work for mixed ability</p>	<p>Tuesday 10.30am – 11.25am</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>Mats provided, welcome to bring your own to place on top for extra comfort.</p> <p>Suitable for mixed ability, men & women.</p> <p>Maximum 20 people in class due to social distancing</p>
<p>**STOTT Pilates mat work for mixed ability</p>	<p>Tuesday 5.30pm - 6.30pm 6.50pm - 7.50pm 8.10pm - 9.10pm</p> <p>@ The Wiston Meeting Place, Water Lane, Wiston, BN44 3DW</p> <p>07941 078091 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>Thick mats, power circles, pilates balls and bands are provided.</p> <p>Suitable for mixed ability.</p> <p>Maximum 7 people in each class</p>
<p>Online Zoom Class Staying Active</p>	<p>Wednesday Staying Active 3:00pm - 3.40pm</p> <p>Please email or text Lorraine to book class fitness.lorraine@googlemail.com 07941 078091 Please book</p>	<p>Chair based low intensity class designed to help gain strength, improve posture and increase balance. Including functional exercises to help with every day activities.</p> <p>Ideal for people who have had falls or are at risk of falling.</p>
<p>Online Zoom Legs, Bums and Tums (LBT)</p>	<p>Wednesday LBT 6pm - 6.40pm</p> <p>Please email or text Lorraine to book class fitness.lorraine@googlemail.com 07941 078091 Please book</p>	<p>A toning and strengthening class aimed at the Legs, Bums and Tums. A short warm up, then exercises that are designed to tone and strengthen the muscles using body weight. These are done standing and on the floor, so welcome to have a mat handy.</p> <p>No equipment is needed, but if you have a long resistance band it would be good for stretching at the end. :-)</p> <p>Suitable for mixed abilities and fitness levels</p>
<p>**STOTT Pilates for mixed ability</p>	<p>Thursday 1.30pm – 2.30pm</p> <p>The Church Rooms Church Lane Southwater, Horsham, RH13 9BT</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>Thick mats are provided.</p> <p>Suitable for men and women of all ages and abilities.</p> <p>Maximum 10 people per class due to social distancing</p>
<p>Online STOTT Pilates Zoom Class</p>	<p>Thursday 6.00pm - 6.40pm</p> <p>Please email or text Lorraine to book class fitness.lorraine@googlemail.com 07941 078091 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>Suitable for men and women of all ages and abilities.</p>