



Active Alice Cross Programme

An opportunity to lose weight and/or get Fitter every Monday afternoon

12.30-1.50pm	Munch & Move**	Healthy Lunch + chair fitness	£7.00 Must Book
1.30-2.30pm	Cookery Workshop	Prepare and take away	£2.00pw (date tba)
1.15-1.45pm	Chair Fit - NEW CLASS!	Easy exercise with Shari	£3.50pw
1.30-2.30pm	Trim Club -Room2	Drop in -Weigh & Support	£1pw*
2.00-2.45pm	50+ Fitness NEW CLASS!	Circuits with Trainer Shari	£3.50pw
2.30-3.30pm	Post HOPE Club-Room 2 – funded by TrimTeign		Free
3.30-4.30pm	Walking Group*	Easy walks-weather permitting	Free
3.30-4.30pm	Zumba Gold	Easy dance moves -Emma	£4 pw
3.30-4.30pm	Seated Yoga	With Lisa in Room 2	£3.50pw
4.45-5.45pm	Mat based Yoga	With Lisa in Hall	£4 pw



Classes Subsidised by Sport England

**Transport may be possible (£3 return within 4 miles)



Trim Club Aims for a Stone loss in 3 Months

*+£5 registration (or donate £15 then no weekly cost)

PreBook Our low-calorie Workshop meal as a takeaway £2 per portion

Class booking not essential but subject to availability *Subject to interest, 1to1 session possible

Other classes where donation made to Trim Teign for every participant:

Thurs 11.15	Group Fit	With Rob at Meadow Centre	£4 pw
Thurs 11-12	Trim Club	Weigh & support Tmth Hospital	£1 pw*
Wed 9.15-10	Ai Chi+ Noodles NEW CLASS!	Cofton Leisure pool, Dawlish \$	£3.50 starts 20/2/19
Tues 11.00	Ai Chi+ water stretch-With Gaye at Coast View pool		£3.50 pw NEW CLASS!

Please phone **Alice Cross 01626 778039** if you want to join us

or emailtrimteign@gmail.com or TrimTeign.org.uk or call in 1-3 Bitton Park Road

All proceeds from Trim Club and some from the other sessions support our charities

Refreshments also available at Alice Cross from 80p, \$Cofton classes usually £5 but reduced for TT