Your 12 Week Exercise Programme

Date	Activity	Venue	Time	Childcare Facilities
3rd May 2012	Movement to Music	Pilgrims Pre-Preparatory School	6pm-7pm	No
8th May 2012	Movement to Music	Robinson Pool	1pm-2pm	Yes (Crèche Available)
17th May 2012	Zumba	Pilgrims Pre-Preparatory School	6pm-7pm	No
22nd May 2012	Pilates	Robinson Pool	1pm-2pm	Yes (Crèche Available)
31st May 2012	Stretch and Balance	Pilgrims Pre-Preparatory School	6pm-7pm	No
Bank Holiday				
14th June 2012	Buggy Walk	Pilgrims Pre-Preparatory School	6pm-7pm	Yes
19th June 2012	Mum and Baby Yoga	Robinson Pool	1pm-2pm	Yes (Crèche Available)
28th June 2012	Buggy Walk	Pilgrims Pre-Preparatory School	6pm-7pm	No
3rd July 2012	Pilates	Robinson Pool	1pm-2pm	Yes
12th July 2012	Pilates	Pilgrims Pre-Preparatory School	6pm-7pm	No
17th July	Rounders	Robinson Pool	1pm-2pm	Yes
26th July 2012	Stretch and Balance	Pilgrims Pre-Preparatory School	6pm-7pm	Yes

Zumba: This infectious Latin dance is full of expression, fire and rhythm; it is a great way to enhance your fitness levels, confidence and self-esteem.

Pilates: This session will consist of 8-10 gentle Pilate's exercises to tone your muscles, activating your core and promoting inner strength, finishing with a period of relaxation and meditation.

Stretch and Balance: Take the opportunity to relax and unwind by completing this body balance session, followed by stretches and a cooling down sequence. Great to clear your mind and prepare your body for the week to come.

Movement to Music: Learn beginner movement skills to a range of music genres including pop, jazz and R&B. This light hearted session really illustrates the social side of exercise.

Mum and Baby Yoga: These classes are a very special way to spend quality time with your baby during this very special (yet often challenging) postnatal period, giving you both the opportunity to massage, relax, breathe, play, move and stretch together.

Rounders: This session is designed to introduce basic throwing and catching and batting skills in a social environment. Fingers crossed for hot weather!

Buggy Walk: A social exercise class, exploring local parks whilst raising your heart rate.