



Activities & PACES Exercise Class Timetable for January 2023

For more information please contact the Pavilion on 0191 5869957



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CIRCUIT CHALLENGE 9.30 - 10.15	BODY BURN 9.30 - 10.15	BODY TONE 9.30 - 10.15	CIRCUIT CHALLENGE 9.30 - 10.15	BODY TONE 9.30 - 10.15
CIRCUIT CHALLENGE 10.30 - 11.15	HEALTH WALK MEET 9.30	DANCE FIT 10.30 - 11.15	WALKING CRICKET 10.30 - 11.30	CHI KUNG (TAI CHI) 10.30 - 11.15
PILATES 11.30 - 12.15	AEROBICS 10.45 - 11.30	YOGA 11.30 - 1.00	PILATES 11.30 - 12.15	
	CHI KUNG (TAI CHI) 11.45 - 12.30			
ACTIVE LIFE 12.30 - 1.30	SHAKERS & SHUFFLERS COMMENCING FEBRUARY 12.30 - 2.30		ACTIVE LIFE 12.30 - 1.30	TASTE BUDDIES 12.30 - 3.00
	LITTLE DRIBBLERS 5.00 - 5.45		TAEKWONDO 4.30 - 6.00	INDOOR BOWLS 1.30 - 3.00
ZUMBA 6.00 - 6.45	T.N.T (TONE N TIGHTEN) 6.00 - 6.45		FUNCTIONAL CIRCUITS 6.15 - 7.00 P.M.	
YOGA 7.00- 8.30 P.M.			PILATES 7.15 - 8.00 P.M.	

 **New PACES Classes**

 **Not part of PACES**



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Class Descriptions

Circuit Challenge/Functional Circuits - A 45-minute workout that gets your heart rate up and strengthens and tones your muscles at the same time. Moving quickly through a number of exercises to work different muscle groups, this workout is fun, motivating and challenging. Suitable for all fitness levels.

Aerobics (Hi/Low impact dance aerobics) - is an energetic, upbeat exercise class that is sure to get your body moving and is a great workout for all levels of fitness ...

Zumba mixes body sculpting movements with dance steps derived from various dances including merengue, salsa, mambo, rumba, flamenco & calypso, with a combination of fast & slow rhythms. Targets areas such as the glutes, legs, arms, abdominals and the heart.

Pilates - A fantastic mix of core strength, flexibility and abdominal conditioning.

Yoga Gentle stretching exercises designed to improve flexibility and promotes well-being including breathing exercises and guided relaxation.

Health Walk - Caters for all abilities, please wear suitable footwear. Refreshments available for purchase in the Pavilion Bistro after your walk. Free

Body Tone Class aimed at beginners or people wanting to get back into exercise. Fun, low impact class enhances body tone and improves well being. T.N.T (Tone n Tighten) The perfect combination of strength and cardio exercises which are designed to create lean, toned muscles we are all looking for.

Dance fit is a fun and uplifting class using dance based aerobic moves.

Active Life - Move through a gentle circuit-based exercise session designed to keep you active throughout your later years.

Body Burn - Burn those calories with our new-style exercise class. Work at your own level to improve fitness, burn body fat and increase functional fitness.

Chi Kung (Tai Chi) - A form of gentle rhythmic exercise composed of movements that are repeated several times. Chi Kung is an energy workout that promotes the flow of energy around the body.

Shakers & Shufflers - Dance-based activity for people living with Parkinson's and other neurological conditions

Dance to a Tea - Fortnightly low impact, easy to follow dance session, followed by a lovely afternoon tea, all for £2. Booking essential.

Taste Buddies - A weekly social get together with like minded people whilst enjoying a 2 course lunch. Fun quiz, social activities and arts and crafts provided after lunch (optional).

Taekwondo - A traditional Korean martial art that teaches discipline, raises confidence, improves balance, co-ordination, & general fitness. Ideal for beginners, aged 6+.

Little Dribblers Is a fun introduction to football for 3 to 5 year olds, includes football-based activities to improve balance, co-ordination and football skills, in a fun way.

Walking Cricket aims to bring together adults to an organised session of cricket where they can socialise, have fun and get more active through a team-based sport.

Indoor Bowls - Join the indoor bowls session for a fun and social activity. Weekly subs (see group members for further details). New players, beginners, and experienced players always welcome.

Junior Athletics - Run, jump and throw to improve skills, fitness, balance, and co-ordination. Beginners welcome, aged 5+. Indoor during the winter, outside in warmer months. Please ring ahead to book.