

MOVE OUT

SUPPORTING A HEALTHY WORKFORCE



LAUNCH
SESSION
FREE!
(10TH JULY 2019)

**A FLEXIBLE 6 WEEK ACTIVITY PROGRAMME FOR BUSY WORKING ADULTS.
BOOK IN ADVANCE AND GET THE LAST WEEK FREE!**

BENEFITS

- Vitamin D & fresh air – there's no sunshine in the gym
- Boost your mental health, improve your mood and energy
- Relax
- More sociable
- Knowledgeable, personable and qualified instructors who will guide you to exercise in the best & safest way

PRICES

6 lunchtime sessions = £10
6 evening sessions = £20

PAY AS YOU GO:

Lunchtime sessions = £2
Evening sessions = £4

Pick up your loyalty card and if you attend 5 sessions the 6th is free.

**FOR MORE INFORMATION AND PAYMENT DETAILS CONTACT:
ANGELA SQUIRES: 01702 534456/ ANGELASQUIRES@SOUTHEND.GOV.UK**



TIMETABLE OF FITNESS, RELAXATION AND FUN ACTIVITIES

WEEK ONE	ACTIVITY	LOCATION
Tues 9th July	10am – Yoga	Chalkwell Lifeguard's Hut
	11am – Health Walk – FREE	Shoebury Garrison (meet at Shoeburyness Hotel)
LAUNCH SESSION: Wed 10th July	6pm until 7pm - Rounders, Hula hoops, Meridien Self Defence, Old school games	Chalkwell Park
Thurs 11th July	11am – Health Walk – FREE	Cliffs Walk (meet outside Avenue Baptist Church, Milton Rd, Westcliff)
	1.15pm – Health Walk – FREE	Priory Park (meet outside the café)
	6pm – Rounders and Dodgeball	Chalkwell Park
WEEK TWO		
Sun 14th July	10am – Yoga	Chalkwell Lifeguard's Hut
Tues 16th July	10am – Yoga	Chalkwell Lifeguard's Hut
	11am – Health Walk – FREE	Shoebury Garrison (meet at Shoeburyness Hotel)
Wed 17th July	11am – Health Walk – FREE	Meet outside the Crooked Billet Pub in Old Leigh
	12.30pm – Pramtastic	Chalkwell Park
	6pm – Beatz Fitness	Chalkwell Park
Thurs 18th July	1.30pm – Nordic Walking	Chalkwell Park
	11am – Health Walk – free	Cliffs Walk (meet outside Avenue Baptist Church, Milton Rd, Westcliff)
	1.15pm – Health Walk – FREE	Priory Park (meet outside the café)
	5.30pm – Yoga	Thorpe Bay Green
	6pm – Rounders and Dodgeball	Shoebury Park
WEEK THREE		
Sun 21st July	10am – Yoga	Chalkwell Lifeguard's Hut
Tues 23rd July	10am – Yoga	Chalkwell Lifeguard's Hut
	10am – Health Walk - FREE	Shoebury Garrison (meet at Shoebury Hotel)
Wed 24th July	11am – Health Walk - FREE	Meet outside the Crooked Billet Pub in Old Leigh

ACTIVITIES SUBJECT TO CHANGE/CANCELLATION AND ARE NOT REFUNDABLE
ALL DETAILS ARE ON PUBLIC HEALTH SOUTHEND FACEBOOK PAGE

Wed 24th July	12.30pm – Pramtastic	Chalkwell Park
	6.30pm – Self Defence Exercise	Chalkwell Park
Thurs 25th July	12.00pm – Tai Chi	Chalkwell Park near rose garden
	11am – Health Walk - FREE	Cliffs Walk (meet outside Avenue Baptist Church, Milton Rd, Westcliff)
	1.15pm – Health Walk – FREE	Priory Park (meet outside the café)
	5.30pm – Yoga	Thorpe Bay Green
	6.30pm – Skip Fit and BoxIt	Chalkwell Park
WEEK FOUR		
Sun 28th July	10am – Yoga	Chalkwell Lifeguard's Hut
Tues 30th July	10am – Yoga	Chalkwell Lifeguard's Hut
	11am – Health Walk – FREE	Shoebury Garrison (meet at Shoeburyness Hotel)
Wed 31st July	11am – Health Walk – FREE	Meet outside the Crooked Billet Pub in Old Leigh
	1.30pm – Power Walk (Family walk)	Gunner's Park, Shoebury
	6pm – Pilates	Chalkwell Park near car park
Thurs 1st August	11am – Health Walk - FREE	Cliffs Walk (meet outside Avenue Baptist Church, Milton Rd, Westcliff)
	1.15pm – Health Walk – FREE	Priory Park (meet outside the café)
	6.30pm – Boxercise	Chalkwell Park near car park
WEEK FIVE		
Sun 4th August	10am – Yoga	Chalkwell Lifeguard's Hut
Mon 5th August	10am – Hula Hooping	Southchurch Park (meet outside café)
Tues 6th August	10am – Yoga	Chalkwell Lifeguard's Hut
	10am – Health Walk – FREE	Shoebury Garrison (meet at Shoeburyness Hotel)
Wed 7th August	11am – Health Walk – FREE	Meet outside the Crooked Billet Pub in Old Leigh
	12.30pm – Pramtastic	Shoebury Park

TIMETABLE OF FITNESS, RELAXATION AND FUN ACTIVITIES

Wed 7th August	6pm – Beatz Fitness	Shoebury Park
Thurs 8th August	11am – Health Walk – FREE	Cliffs Walk (meet outside Avenue Baptist Church, Milton Rd, Westcliff)
	12.30pm – Tai Chi	Shoebury Park
	1.15pm – Health Walk – FREE	Priory Park (meet outside the café)
	5.30pm – Move Well walk	Outside The Royals Shopping Centre
	6.30pm – Boxcercise	Chalkwell Park
WEEK SIX		
Sun 11th August	10am – Yoga	Chalkwell Lifeguard's Hut
Mon 12th August	10am – Hula Hooping	Southchurch Park (meet outside café)
Tues 13th August	10am – Yoga	Chalkwell Lifeguard's Hut
	11am – Health Walk - FREE	Shoebury Garrison (meet at Shoeburyness Hotel)
Wed 14th August	11am – Health Walk – FREE	Meet outside the Crooked Billet Pub in Old Leigh
	6.30pm – Self Defence Exercise	Shoebury Park
Thurs 15th August	11am – Health Walk – FREE	Cliffs Walk (meet outside Avenue Baptist Church, Milton Rd, Westcliff)
	1.15pm – Health Walk – FREE	Priory Park (meet outside the café)
	6.30pm – Boxcercise	Chalkwell Park
Sun 18th August	10am – Yoga	Chalkwell Lifeguard's Hut

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Working to make
lives better
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