



 Epping Forest
District Council



just
£2 per
session
& your first
session is
FREE!

get active

Epping Forest – starts this April!

Limes Centre, Limes Avenue, Chigwell, IG7 5LP

Improve your body image, self-confidence, health and well being.

Take part in these fun and social sessions and receive
vouchers for local supermarkets FREE*!

Sessions include **Stroll n roll, Aerobics, Zumba,
Body Conditioning** and **Bootcamp** (Class description and times overleaf)

These sessions are great whatever your age, ability and whether you have not exercised for a while or exercise regularly. Our qualified instructors will be able to tailor the session to meet your needs and ensure you enjoy the sessions.
PLUS there's the chance to have a chat with the instructor and other participants over tea, coffee or juice as part of the session. **Pay on the day or book by calling 07721 556315 or email enjoyfitnesswithrosie@gmail.com**



Stroll'n'Roll

A fun workout incorporating walking with your pushchair and using it as a Barre to keep you stabilised as you work your core, legs and bum. Exercises will include leg raises, squats, lunges and much much more.

**Tuesday 10am – 11am
starting 14th April**

Aerobics

A class suitable for beginners. This class will combine low impact and aerobic moves to improve cardiovascular fitness. A great workout to music, keeping you motivated throughout.

**Tuesday 11am – 12noon
starting 14th April**



Zumba

A hip swivelling workout - combination of Caribbean, Latin and African Dance moves combined with aerobic movements to create a fun and effective workout. No previous dance experience necessary, just come and enjoy the movement!

Wednesday 6pm – 7pm starting 15th April

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Body Conditioning

An all over body approach that tones up and strengthens your muscles. A mixture of body weight exercises and resistance training to see those results. Suitable for all abilities and fitness levels.

Thursday 2pm – 3pm starting 30th April



Bootcamp

An energising workout good for all fitness levels. It will combine high intensity moves with body weight and resistance training. A full body workout, improving cardiovascular fitness and muscular endurance.

Thursday 7pm – 8pm starting 30th April

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*To qualify for vouchers you must attend 5 consecutive sessions to receive a £5 voucher and 10 consecutive sessions to receive a £10 voucher.