



Wellbeing

FITNESS and

at Hitchin Town Hall 2018



Mondays

11am – 12pm £7

A modified Zumba class that recreates the original moves you love at a lower intensity. Improve your cardiovascular, muscular conditioning, flexibility and balance whilst having fun!



Mondays 12.30 – 1.30pm

Tuesdays 7 – 8pm £7

Dance to great music, get fit and have an awesome time at our Monday and Tuesday Zumba classes. Note the new lunchtime class for 2018!



Wednesdays

12 – 1pm £6

Suitable for seniors, this low to moderate dance focused exercise class is great fun for all. Tone up, get fit and leave feeling invigorated and re-energised!



Tuesdays 10 – 11am

Thursdays 12.30 – 1.30pm £6

Relax and de-stress in our Tai Chi classes. Low impact exercises focus on correct posture and calm breathing techniques to promote harmony of mind and body.



Thursdays

7 – 8pm £10 per session
or £8 if booked in blocks of 4

Increase peace and happiness in your life by joining our meditation class. Learn how group meditation helps you relax, embrace positivity, reduce stress and anxiety.



Sundays

7 – 10pm £7

Join us on the second Sunday of each month and embrace ballroom, latin and sequence dancing at Hitchin Town Hall. Just turn up on the day - no booking required. For further information contact Janice on 07811 053648.