



**CHARLBURY**  
**Community Centre**

## Classes available during Lockdown over Zoom

Time to Re-Zoom your fitness! We hope to help you get and stay fit and healthy during lockdown

Details, Zoom links and payment methods for all sessions can be found at [www.charlburycommunitycentre.org.uk](http://www.charlburycommunitycentre.org.uk)

Day	Time	Class	Notes	Price
Monday	9-9.50m	<b>Body Workout</b>	Toning class aimed at working arms, shoulders, legs and abs. Ideal for beginners.	£7 per household
Tuesday	12-1pm	<b>Line Dancing</b>	For regulars who have been Line Dancing for some time	£5 per household
Wednesday	9-10am	<b>Lean Gym (circuits)</b>	A circuits class that suits all fitness abilities	£7 per household
Wednesday	11.15am-12	<b>Toddler Gym</b>	Activities and songs that you can do with your children in your own home	£3
Thursday	6.30-7.30pm	<b>Supercircuits</b>	A circuits class of fairly high intensity	£7 per household
Friday	9-9.50am	<b>Tone Zone</b>	A low impact toning class targeting legs, bums, tums and finishes with pure core work. Aims to challenge people looking to improve their fitness.	£7 per household
Friday	12-1pm	<b>Line Dancing</b>	Aimed at people who are relatively new to Line Dancing	£5 per household
Sunday	10-11am	<b>Sunday Circuits</b>	Family Circuits session of fairly high intensity but can be done at your own level. This is our most popular class of the week and many whole families join in!	£7 per household