

Course	Description	Location	Start Date	Duration	Time	Cost
Movin on up	Fun, social and gentle exercise class to encourage and support people over 50 to Get more Active	Sydney Walter Centre	Wednesday 20/09/2017	8 weeks	12.30-13.30	£10 Part of the ten pound challenge
Zumba in the circuits	A Fun, social, beginner exercise course that combines Zumba and circuits. The sessions are designed to help build strength and improve aerobic fitness, at a pace that is right for you.	The Shoreham Centre	Monday 02/10/2017	8 weeks	12.30-13.30	
Walking Football	Coached fun beginner courses guaranteed to build fitness at a pace that is right for you	Durrington Leisure Centre	Tuesday 19/09/2017	8 weeks	09.30-10.30	£10 Part of the ten pound challenge
Couch to 5k	A step by step progression from walking to jogging over an eight week period. Coached sessions will help to build fitness levels and give opportunity to enter a 5 k	Homefield Park	Saturday 16/09/2017	8 weeks	11.30-12.30	£10 Part of the ten pound challenge
3 step Gym program	This fun and fresh course combines a personalised three step gym program with a personal trainer and eight gym sessions	Beach Fit Lancing and Shoreham	Mon -Fri 01/10/2017	8 weeks	Various	£10 Part of the ten pound challenge
Multi activity course	Take part in different activities over an eight week period. Aqua aerobics , spinning and yoga are just some of the activities that support you in finding a class that is right for you	In partnership with selected providers in Adur and Worthing	Mon- Fri 01/10/2017	8 weeks	Various	£10 Part of the ten pound challenge