



**MORE ISLANDERS.
MORE ACTIVE.
MORE OFTEN.**

MOVE MORE EXERCISE CLASSES TIMETABLE

PAY AS YOU GO: You can book online at: www.movemore.je or call **01534 757700** to book and pay for your class in advance.

ADULTS: £5 per class

SENIORS (over 65 years): £4 per class

INCOME SUPPORT: Free (evidence of a valid claim required - this needs to be submitted every 6 months)

MONDAY		
DATE	TIME	VENUE
09:30 – 10:30	Move More Exercise Class	Table Tennis Centre, FB Fields (don't forget to put up a yellow parking disk)
10:30 – 11:30	Move More Exercise Class	Table Tennis Centre, FB Fields (don't forget to put up a yellow parking disk)
10:00 – 11:00	Move More Gym Class*	Springfield Sports Centre
11:00 – 12:00	Move More Gym Class*	Springfield Sports Centre
14:30 – 15:30	Move More Aquafit	Les Quennevais Swimming Pool
17:45 – 18:45	Move More Gym Circuits*	Oakfield Sports Centre
18:45 – 19:45	Move More Gym Circuits*	Oakfield Sports Centre

*You may only attend a Gym Class or Gym Circuits if you have previously attended the Referral programme.



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TUESDAY		
DATE	TIME	VENUE
09:30 – 10:30	Move More Gym Class*	Les Quennevais Sports Centre
09:30 – 10:30	Move More Exercise Class	Communicare, St Brelade
10:30 – 11:30	Move More Gym Class*	Les Quennevais Sports Centre
10:30 – 11:30	Move More Exercise Class	Communicare, St Brelade

WEDNESDAY		
DATE	TIME	VENUE
09:00 – 09:45	Move More Exercise Class	Trinity Parish Hall
10:00 – 10:45	Move More Core and Stretch	Trinity Parish Hall
11:00 – 12:00	Move More Aquafit	Les Quennevais Swimming Pool
17:45 – 18:45	Move More Gym Circuits*	Oakfield Sports Centre
18:45 – 19:45	Move More Gym Circuits*	Oakfield Sports Centre

THURSDAY		
DATE	TIME	VENUE
10:00 – 11:00	Move More Gym Class*	Les Quennevais Sports Centre
11:45 – 12:45	Move More Exercise Class	Communicare, St Brelade
13:30 – 14:30	Move More Mobility	Springfield Sports Centre
18:00 – 19:00	Move More Gym Class*	Les Quennevais Sports Centre

FRIDAY		
DATE	TIME	VENUE
09:15 – 10:15	Move More Exercise Class	Springfield Sports Centre
10:30 – 11:30	Move More Gym Class*	Springfield Sports Centre
12:15 – 13:00	Move More Exercise Class	Salvation Army, Upstairs Community Hall, St Helier
13:15 – 14:00	Move More Core and Stretch	Salvation Army, Upstairs Community Hall, St Helier

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MOVE MORE EXERCISE CLASSES

Getting active can be difficult – help us to help you make that first step!

Our Move More exercise classes are friendly and sociable – held in local community settings. Our professional Move More Instructors will give you a warm welcome and help you to take that step to improving your health and well-being!



MOVE MORE AQUAFIT

An effective low-impact pool-based workout to improve your fitness without putting stress on your body. The water can support up to 90% of your body weight, leaving you free to enjoy the exercises without worrying about stress on your joints. The class uses water resistance to work your muscles and is open to everyone, especially those who need to protect their joints during exercise.



MOVE MORE CORE AND STRETCH

A class that focuses on stretching your body and strengthening your core. This class will work on your flexibility and train your body to become supple, whilst also helping you to develop your core strength. This can help alleviate ailments such as back pain, general stiffness and even some stress related symptoms. The exercises are taught at Levels 1, 2 and 3, meaning the class is suitable for all – we can adapt exercises to suit fitness levels.



MOVE MORE EXERCISE CLASS

An all-round, functional programme with a mixture of activities, cardio and strength work with a range of equipment to improve fitness levels and tone your body. This is a friendly, supportive group where exercises can be adapted to suit various fitness levels, so you can work at your own pace.



MOVE MORE GYM CIRCUITS*

A mix of exercises using studio-based equipment (eg. light weights, resistance bands) and specialist gym equipment (eg. static bikes and treadmills). This class will help you to become stronger, whilst also building your stamina through using a variety of equipment and different types of exercises. This is a friendly, supportive group where exercises can be adapted to suit various fitness levels and meet your individual requirements, so you can work at your own pace.



MOVE MORE GYM CLASS*

An all-round gym-based fitness programme using specialist gym equipment under the supervision of Move More Instructors. The programme will start with a low resistance and low intensity programme, which will gradually be progressed based upon your goals.



MOVE MORE MOBILITY

This class involves both seated and standing body weight exercises, focusing on balance and strength. This will help you to become stronger, more confident, improve mobility and reduce the risk of falls. This class is aimed at those who may never have done any exercise before and is a friendly, supportive group where exercises can be adapted to suit various fitness levels, so you can work at your own pace.

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In addition to our Move More Exercise Classes, we also offer Move More Health Walks and cycle rides with HSBC Breeze Jersey.



MOVE MORE HEALTH WALKS

Move More Health Walks are easy, short walks suitable for those with lower physical ability or long-term conditions. Each is led by fully trained and friendly walk leaders who are highly experienced in supporting people to get started and are free of charge.

For further information and to view the full list of walks available, please visit: www.movemore.je/walk



HSBC BREEZE JERSEY CYCLE GROUP

HSBC Breeze Jersey offers fun, free bike rides for women of all abilities. It doesn't matter if you're keeping fit, young at heart, wise beyond your years, or baffled by gears - every woman is welcome on a ride.

You'll discover new places to ride, gain confidence on your bike, make new friends and do things you never knew you could.

To find out more, please visit  [@HSBCBreezeJersey](https://www.facebook.com/HSBCBreezeJersey)



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