



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

MOVE MORE 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				
TIME	CLASS	INSTRUCTOR	LOCATION	TYPE
10:00 – 11:00	Move More Exercise Class	Anya	Your Home	Via Zoom
10:00 – 11:00	Move More Low Impact Aerobics	Liz	Coronation Park (Millbrook)	Outdoor
10:20 – 11:20	Move More Gym Class	Marilee	Springfield Sports Centre	Indoor
11:40 – 12:40	Move More Gym Class	Georgina	Springfield Sports Centre	Indoor
14:00 – 15:00	Move More Exercise Class	Georgina/Jane	Springfield, Blue Room	Indoor
17:45 – 18:45	Move More Gym Circuit	Liz / Katie	Oakfield Gym	Indoor
19:05 – 20:05	Move More Gym Class	Liz / Katie	Oakfield Gym	Indoor



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TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION	TYPE
09:30 - 10:30	Move More Exercise Class	Isidro/Marilee	Trinity Youth Centre	Indoor
09:30 - 10:30	Move More Exercise Class	Anya	Communicare, St Brelade	Indoor
09:30 - 10:30	Move More Nordic Walking Techniques Workout	Liz	Coronation Park (Millbrook)	Outdoor
10:00 - 11:00	Move More Gym Circuit	Jane/Katie	Les Quennevais Gym	Indoor
10:30 - 11:30	Move More Gentle Core, Balance and Stretch Class	Isidro	Trinity Youth Centre	Indoor
11:00 - 12:00	Move More Exercise Class	Anya	Communicare, St Brelade	Indoor
17:30 - 18:30	Move More Gym Circuit	Jane	Les Quennevais Gym	Indoor

WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION	TYPE
10:00 - 11:00	Move More Mobility Class	Liz	Your Home	Via Zoom
10:00 - 11:00	Move More Walking Exercise Class	Jane	Hockey Club (Le Quennevais) St Brelade	Outdoor
12:30 - 13:30	Move More Exercise Class	Liz/Marilee	Salvation Army	Indoor
17:45 - 18:45	Move More Gym Circuit	Liz / Katie	Oakfield Gym	Indoor
19:05 - 20:05	Move More Gym Class	Liz / Katie	Oakfield Gym	Indoor

THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION	TYPE
10:00 - 11:00	Move More Gym Circuit	Jane/NP	Les Quennevais Sports Centre	Indoor
10:20 - 11:20	Move More Gym Class	Anya	Springfield Sports Centre	Indoor
11:40 - 12:40	Move More Gym Class	Georgina	Springfield Sports Centre	Indoor
12:00 - 13:00	Move More Dance Class	Dragos	Communicare, St Brelade	Indoor
13:30 - 14:30	Move More Mobility Class	Georgina/Katie	Springfield, Blue Room	Indoor



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FRIDAY				
TIME	CLASS	INSTRUCTOR	LOCATION	TYPE
09:00 – 10:00	Move More Core & Stretch	Isidro	Millennium Park (Bath Street)	Outdoor
09:15 – 10:15	Move More Exercise Class	Anya	Springfield, Blue Room	Indoor
10:20 – 11:20	Move More Gym Class	Isidro/NP	Springfield Gym	Indoor
11:00 – 12:00	Move More Exercise Class	Anya/Georgina	Salvation Army	Indoor
12:00 – 13:00	Move More Core and Stretch	Isidro	Your Home	Via Zoom
12:30 – 13:30	Move More Stretch Class	Anya	Salvation Army	Indoor

MOVE MORE CLASSES

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

Our Move More 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 GENTLE CORE, BALANCE & STRETCH

This class is perfect for people with reduced mobility, and who are looking for a gentle re-introduction back into exercising. Utilising simple chair-based movements, focusing on improving your posture and balance, and some light standing aerobic activity, designed to improve the functioning of the heart and lungs, whilst simultaneously improving your range of motion. A gentle approach to kick-start your journey to increased levels of wellness.



MOVE MORE MOBILITY

This class involves both seated and standing bodyweight exercises, focussing 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 not have done exercise before or not for a period of time and are looking to start to improve their fitness. The classes are friendly and provide a supportive environment where exercises can be adapted to suit various fitness levels so that you are able to 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 EXERCISE

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



MOVE MORE LOW IMPACT AEROBICS

This class whilst abiding by the goals of any aerobics class with a concentration on working your cardio this is an ideal first step for anyone returning to cardio exercise and wants a class which will allow you to gradually improve your fitness.



MOVE MORE **CORE AND STRETCH**

A class which focuses on stretching your body and strengthening your core. This class will work on your flexibility and train your body to be supple, whilst also helping you to develop your core strength which can 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 and exercises will be adapted for your individual fitness levels.



MOVE MORE **STRETCH**

We have designed this class as a gentle mobility session combining standing and floor based stretches, the instructor will work through a focussed set of stretches working from the head to toe. This is a low cardio session though is still a good overall body work out as you concentrate on getting to know your body and it's muscles in completely different way. We suggest that you bring a small pillow or towel to support your neck on the floor and a band or scarf to assist with some of the stretches.



MOVE MORE **NORDIC WALKING**

TECHNIQUES WORKOUT

A 45 minute class with extensive warm up and teaching points for beginner to Practiced Nordic walkers. The class is an exciting combination of relays set to all paces and abilities, consisting and varying relay exercises followed by a muscle group work station. Stations will last for 30 repetitions to a minute and incorporated a full body work out. The class is designed to be fun and active. It will get you moving more than you realise and will push you just enough at whatever level of fitness you are, to feel you've had an affective workout whilst enjoying the outdoors. Come along and give it a try.



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



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 **DANCE**

A dance-based exercise class which introduces a variety of dance genre, designed to be a fun combination of practicing your dance moves whilst exercising a wide variety of muscle groups. The classes cater to all levels of dance experience and the only requirement is enthusiasm.



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