



MORE ISLANDERS.
MORE ACTIVE.
MORE OFTEN.

MOVE MORE CLASSES TIMETABLE

ZOOM CLASSES

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	LOCATION	TYPE
10:00 – 11:00	Move More Exercise Class	Your Home	Via Zoom
11:15 – 12:15	Move More Strength Class	Your Home	Via Zoom

TUESDAY			
TIME	CLASS	LOCATION	TYPE
09:00 – 10:00	Move More Exercise Class	Your Home	Via Zoom
10:15 – 11:15	Move More Mobility	Your Home	Via Zoom

WEDNESDAY			
TIME	CLASS	LOCATION	TYPE
10:00 - 11:00	Move More Mobility Class	Your Home	Via Zoom
11:30 - 12:30	Move More Qi Gong / Tai Chi	Your Home	Via Zoom

THURSDAY			
TIME	CLASS	LOCATION	TYPE
12:15 - 13:15	Move More Dance Class	Your Home	Via Zoom

FRIDAY			
TIME	CLASS	LOCATION	TYPE
11:00 - 12:00	Move More Exercise Class	Your Home	Via Zoom
12:15 - 13:15	Move More Stretch Class	Your Home	Via Zoom

MOVE MORE CLASSES

Getting active can be difficult – let us help you to make that first step with our range of Zoom classes!

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 STRETCH CLASS

This is a gentle but challenging stretch class with floor and mat work. It targets all large muscle groups to be stretched in a slow and controlled manner. There is often a relaxation session at the end of each class to help with mind and breathing. You are advised to wear loose clothing and have an extra layer for relaxation. Please ensure you have a towel to roll up as a pillow for neck support.



MOVE MORE MOBILITY

This class involves both seated and standing bodyweight 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 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.



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MOVE MORE TAI CHI / QIGONG

Qigong (pronounced 'chee-gong') and Tai Chi are ancient movement forms practiced by millions of people throughout the world. It is a combination of natural soft movements, gentle stretching, breathing techniques and relaxation methods which help the mental and physical wellbeing participants of all ages and abilities. The classes will bring a sense of calm to your day and help improve your overall balance while bringing relief of day-to-day stress.



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 DANCE CLASS

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.



@MoveMoreJersey



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An initiative by

