

# MOVE MORE CLASSES TIMETABLE

**PAY AS YOU GO:** You can book online at: <http://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)

**Please note: Classes marked with \* are Move More Referral classes and are not available to PAYG clients**

MONDAY			
TIME	CLASS	LOCATION	TYPE
09:45 – 10:30	Move More Get Moving Talk*	Salvation Army	Talk / Indoor
09:45 – 10:45	Move More Seated Exercise	Communicare, St Brelade	Indoor
10:00 – 11:00	Move More Active Buggy Class	Communicare, St Brelade	Indoor
10:20 – 11:20	Move More Gym Class*	Fort Regent	Indoor
10:30 – 11:30	Move More Get Moving	Salvation Army	Indoor
11:15 – 12:15	Move More Mobility & Balance Class	Communicare, St Brelade	Indoor
11:40 – 12:40	Move More Gym Class*	Fort Regent	Indoor
12:15 – 13:15	Move More Nordic Walking	Hockey Club, Les Quennevais	Indoor
14:00 – 15:00	Move More Aqua	Les Quennevais Pool	Indoor

14:00 – 15:00	Move More Balance & Mobility Class	Springfield Blue Room	Indoor
17:45 – 18:45	Move More Gym Class*	Oakfield	Indoor
19:00 – 20:00	Move More Gym Class*	Oakfield	indoor

TUESDAY			
TIME	CLASS	LOCATION	TYPE
09:30 – 10:30	Move More Exercise Class	Communicare, St Brelade	Indoor
10:00 – 11:00	Move More Gym Class*	Les Quennevais Gym	Indoor
10:20 – 11:20	Move More Gym Class*	Fort Regent Gym	Indoor
10:45 – 11:45	Move More Exercise Class	Communicare, St Brelade	Indoor
11:40 – 12:40	Move More Gym Class*	Fort Regent Gym	Indoor
16:00 – 17:00	Move More Gym Class*	Les Quennevais Gym	Indoor

WEDNESDAY			
TIME	CLASS	LOCATION	TYPE
10:20 – 11:20	Move More Gym Class*	Fort Regent Gym	Indoor
11:35 – 12:35	Move More Qigong & Tai Chi Advanced	Springfield, Blue Room	Indoor
11:40 – 12:40	Move More Gym Class*	Fort Regent Gym	indoor
12:30 – 13:30	Move More Exercise Class	Salvation Army	Indoor
12:35 – 13:35	Move More Qigong & Tai Chi Mixed Ability	Springfield, Blue Room	Indoor
14:30 – 15:30	Move More Chair Based Exercise	Springfield, Blue Room	Indoor
14:45 – 15:45	Move More Gym Class*	Les Quennevais Gym	Indoor
17:45 – 18:45	Move More All Ability Circuits	Oakfield Gym	Indoor
17:45 – 18:45	Move More Gym Class*	Oakfield Gym	Indoor
19:00 – 20:00	Move More Gym Class*	Oakfield Studio	Indoor

## THURSDAY

TIME	CLASS	LOCATION	TYPE
10:00 – 11:00	Move More Gym Class*	Les Quennevais Gym	Indoor
10:20 – 11:20	Move More Gym Class*	Fort Regent Gym	Indoor
11:15 – 12:15	Move More Gym Class*	Les Quennevais Gym	Indoor
11:30 – 12:30	Move More Nordic Exercise Class	Hockey Club, Les Quennevais	Outdoor
11:30 – 12:30	Move More Dance Class Intermediates	Communicare, St Brelade	Indoor
11:40 – 12:40	Move More Gym Class*	Fort Regent Gym	Indoor
12:45 – 13:45	Move More Dance Class Beginners	Communicare, St Brelade	Indoor
13:30 – 14:30	Move More Mobility Class	Springfield Blue Room	Indoor

## FRIDAY

TIME	CLASS	LOCATION	TYPE
09:15 – 10:00	Move More Exercise Class	Springfield, Blue Room	Indoor
09:45 – 10:45	Move More Exercise Class	Communicare, St Brelade	Indoor
10:20 – 11:20	Move More Gym Class*	Fort Regent Gym	Indoor
11:00 – 12:00	Move More Exercise Class	Communicare, St Brelade	Indoor
11:00 – 12:00	Move More Exercise Class	Salvation Army	Indoor
11:40 – 12:40	Move More Gym Class*	Fort Regent Gym	Indoor
14:00 – 15:00	Move More Aqua	Les Quennevais Pool	Indoor

# MOVE MORE CLASSES

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

Our Move More Classes are friendly and sociable - held in local community settings, or over Zoom in your own home. Our professional, highly experienced Move More Instructors will give you a warm welcome and help you to take that next step to improving your health and well-being!



## MOVE MORE **AQUA**

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 **BALANCE & MOBILITY**

This class is perfect for clients with reduced mobility, poor balance and lower fitness levels. The class focuses on functional moves, balance and mobility, designed to improve heart and lung function with gentle cardio exercises that will raise breathing rates enough to feel energised, but not over exerted.



## 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.



## MOVE MORE **ALL ABILITY 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 **EXERCISE CLASS**

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 **MOBILITY CLASS**

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 **NORDIC EXERCISE**

Move More Nordic Exercise Class is an exciting and varied 45-minute session, incorporating Nordic walking techniques with stations of full body resistance exercises using poles and body positioning. This class is suitable for experienced participants and beginners as relay and Nordic walking phases can be increased or reduced for each participant, therefore tailoring an enjoyable exercise session to meet individual needs. Come and join in the fun and have a go!



## MOVE MORE **QIGONG & TAI CHI**

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 **SEATED EXERCISE CLASS**

A chair based exercise class using resistance bands and hand weights with standing and seated exercises and cardiovascular exercises to help build up strength in all muscle groups, suitable for everyone who needs a gentle class which will build up each week.



## MOVE MORE **STRETCH CLASS**

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 its 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 **STRENGTH CLASS**

A selection of both non-resistance and resistance-based exercise. Including mobility, balance, cardio, strength, dynamic and static work with some exercises challenging three components at once. All exercises are from standing, and lower levels of ability can also do this class as adaptive exercises are shown. Not suitable for seated clients.



## MOVE MORE **MOBILITY – BALANCE & GENTLE STRETCH CLASS**

This class is for clients who are very aware that their general balance and mobility is poor. It will be a standing class (using a chair for support), with a limited quantity of exercises repeated to slowly build confidence and technique.



## MOVE MORE **WALKS**

Move More 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](http://www.movemore.je/walk)