

Autumn/Winter KEEP MOVING programme

Septemeber 2017 - February 2018



sue hayes health

As the nights draw in, make moving a priority to keep your warm, well and feeling HAPPY!

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	Week One	Week Two	Week Three	Week Four	Week Five	
Monday 7pm	Pilates @ The Place Pitsea	Pilates @ The Place Pitsea	Pilates @ The Place Pitsea	Pilates @ The Place Pitsea	Pilates @ The Place Pitsea	<p>Stretch & Stroll gently builds stamina & flexibility, giving you time to enjoy the view and smell the flowers...</p> <p>The Pacer picks up the speed gradually & prepares your heart and lungs for a cardio and strengthening booster that will invigorate and revitalize...</p> <p>Adventure Walks are for all abilities; everyone does their own thing together. Each month we try to explore new terrain or revisit a tried and trusted old favorite. Ending with either a tea shop treat or a scrumptious scoff at a local pub...</p>
Tuesday 10:00am	Move It circuit class @ The place Pitsea	Move It circuit class @ The place Pitsea	Move It circuit class @ The place Pitsea	Move It circuit class @ The place Pitsea	Move It circuit class @ The place Pitsea	
Wednesday 6:30pm	Pacer Walk MP Lee Chapel Lane	Pacer Walk MP The Crown	Pacer Walk MP Tesco's CP	Pacer Walk MP Lee Chapel Lane	Pacer Walk MP The Crown	
Thursday 6:30pm	Pilates @ The Place Pitsea	Pilates @ The Place Pitsea	Pilates @ The Place Pitsea	Pilates @ The Place Pitsea	Pilates @ The Place Pitsea	
Friday 4:30pm	Pacer Walk MP The Crown	Pacer Walk MP Lee Chapel Lane	Pacer Walk MP The Crown	Pacer Walk MP Tesco's Laindon Car Park	Pacer Walk MP The Crown	
Saturday 9:30am	Stretch and Stroll MP TBC each month					
Sunday 10:am	Adventure Walk Thorndon Park South	Adventure Walk MP The Crown	Adventure Walk MP Lee Chapel Lane	Adventure Walk Special TBC on Face book each month	Adventure Walk The Crown	

Meeting Point (MP) Addresses

Car Park (CP)	Address	Directions	Postcode
The Crown/Miller and Carter	High Rd	Next to Langdon Hills main entrance	SS16 6HU
Lee Chapel Lane		Turn into Victoria Avenue off Staneway and left into Lee Chapel Lane at the T junction. Car park hidden on left just before gate at end of lane.	SS16 5NX
Tesco's Car Park	Mandeville Way, Laindon	Meet in far left corner of car park directly opposite the main entrance.	SS15 6TJ
Thorndon South	Langdon Nature Reserve	Turn off 127 towards Brentwood. Thorndon first turning on rleft and immediate turn on right. Car park £4. Meet at the Crown 9:40am to car share.	CM13 3LW
Plotlands Car Park	Dunton Rd	The Road running between the bottom of South Hill and Mandeville Way at junction near Fords	SS16 6EB
The Place	Northlands Pavement, Pitsea	Next to Library and along side The Range. Parking behind The Place available. Turn off Wickford Rd into Maydells which leads straight into car park at the back of The Place.	SS13 3DW