

WEEKLY COURSES

Reduced fees are available on some course indicated by * for those receiving benefits

Mondays

Mon 16 January 2-3.30pm Cost: £30
Weeks 10

GENTLE EXERCISE TO MUSIC

Tutor: Jane Fulford

Gentle Exercise session to Music. Seated and balance exercises, movement and dance. A fun and friendly class to a variety of music styles.

Tuesdays....

Tues 17 January 3-4:30pm Cost: £65
Weeks 10 1 conc: per academic term Conc: £16.25*

YOGA FOR EVERYONE beginners/improvers

Tutor: Howard Pike

Howard is a British Wheel of Yoga diploma holder and has been teaching Hatha Yoga for over ten years and experience of working with students of all levels and abilities. These classes concentrate on alignment of postures and breathing throughout and should be a good fit for anyone wanting to try Yoga for the first time or want a class that is more gentle than other styles of yoga class. All Asana or position can be adjusted to match ability of the individual student so they can improve over time. All Hatha Yogas have been developed over many years to help student relieve the bodys lack of flexibility, mind of stress. So helping promote a healthy body and a calmer mind.

ADDITIONAL INFO. (What to bring/costs on the day)

A mat and comfortable clothing.
Mat @ £2 if required payable to tutor on the day.

Wednesdays....

Wed 18 January 10am-11:30 Cost: £65
Weeks 10 1 conc: per academic term Conc: £16.25*

YOGA FOR IMPROVERS

Tutor: Howard Pike

Howard is a British Wheel of Yoga diploma holder and has been teaching Hatha Yoga for over ten years and experience of working with students of all levels and abilities. These classes concentrate on alignment of postures and breathing throughout and should be a good fit for anyone wanting to try Yoga for the first time or want a class that is more gentle than other styles of yoga class. All Asana or position can be adjusted to match ability of the individual student so they can improve over time. All Hatha Yogas have been developed over many years to help student relieve the bodys lack of flexibility, mind of stress. So helping promote a healthy body and a calmer mind.

ADDITIONAL INFO. (What to bring/costs on the day)

A mat and comfortable clothing.
Mat @ £2 if required payable to tutor on the day.

Wed 18 January 6-7pm Cost: £40
Weeks 10

CIRCUIT TRAINING

Tutor: Anthony Russell

A group exercise class set in a progressive fashion to improve fitness of beginners and experienced gym goers alike. Work at your own pace to develop coordination, increase strength and tone up. Anthony is a qualified personal trainer with over 13 years experience in the fitness industry. A moderate level of fitness is required. If in any doubt, seek medical clearance prior to attending.

ADDITIONAL INFO. (What to bring/costs on the day)

Loose clothing and water.

Wednesdays & Sundays....

Wed and Sun 10am-1pm Cost: £40
Walks 4 * Commencing mid January (below)

BIRDWATCHING AROUND THE EXE ESTUARY

Tutor: Dave Smallshire

Courses of our monthly morning walks on Sundays OR Wednesdays January-April, 2017

Choose whichever day suits you best, or sign up to both. £40 per 4 walks. (Note that it is not possible to mix Sundays and Wednesdays)

See the fantastic birds that use this internationally important estuary and its surroundings in the genial company of a well-known local naturalist. Dave will find and identify birds and other wildlife and impart useful information during the walks. These will help you hone your knowledge of birds and their identification, ecology, behaviour, migration and conservation. He will be able to recommend suitable equipment, further information sources and organisations that you may wish to join. His intimate knowledge of the Exe Estuary and its surroundings gathered over 30 years will be put to good use during these carefully-selected walks.

* Sunday January 15th OR Wednesday January 18th
Topsham & Bowling Green Marsh.
Meet at Holman Way pay & display car park, Topsham, EX3 0EN. Grid ref: SX969881.

Sunday February 5th OR Wednesday February 1st
Exmouth to Lypmstone.
Meet at Mudbank Lane, Exmouth, EX8 3EG.
Grid ref: SX999820.

Sunday March 19th OR Wednesday March 15th
Dawlish Warren.
Go under the railway bridge and meet at far end of pay & display car park.
Grid ref: SX981788.
Please note: no dogs allowed on this walk.

Sunday April 16th OR Wednesday April 19th
Exminster Marshes.
Meet at Station Road RSPB car park, EX6 8DZ (sharp right after the railway bridge). Grid ref: SX954872.

All walks start at 10:00 am and last until about 1:00 pm. Binoculars, warm wet-weather clothes and sturdy footwear are essential.

ADDITIONAL INFO. (What to bring/costs on the day)

Binoculars, warm wet-weather clothes and sturdy footwear are essential.

Important Information regarding booking walks:

It is not possible to mix Sunday and Wednesday walks, if 4 Sunday walks are booked this cannot be transferred to a Wednesday or vice versa. The tutor can only give good attention to a limited number of students.

Please ensure you check the dates and times of your chosen days.

Thursdays....

Thurs 19 January 6pm-7:30pm Cost: £65
Weeks 10 1 conc: per academic term Conc: £16.25*

YOGA FOR EVERYONE

beginners/improvers

Tutor: Howard Pike



See details on opposite

(Tuesday 17th January).

ADDITIONAL INFO. (What to bring/costs on the day)

A mat and comfortable clothing.
Mat @ £2 if required payable to tutor on the day.

Thursdays....

Thurs 19 January 10am-12noon Cost: £85
Weeks 10 1 conc: per academic term Conc: £20*

DRAWING AND PAINTING FOR ENJOYMENT BEGINNERS/ IMPROVERS

Tutor: John Howells

If you have not painted since schooldays or you are a lapsed artist wanting to resume painting, this is ideal for you. Guided self development art classes where students work on their own choice of pictures in any medium with assistance whenever needed. All levels welcome.

ADDITIONAL INFO. (What to bring/costs on the day)

Art materials and source material to work from.

Thurs 19 January 2-3.30pm Cost: £30
Weeks 10

GENTLE EXERCISE TO MUSIC

Tutor: Vicki Davidson

Gentle exercise session to music for those who want to improve their fitness. Seated & standing balance exercises, stretches, movement and dance to promote mobility and general well being. A fun and friendly class featuring a variety of music styles. Followed by a cup of tea.

ADDITIONAL INFO. (What to bring/costs on the day)

A bottle of water.

Thurs 19 January 6pm-7:30pm Cost: £65
Weeks 10 1 conc: per academic term Conc: £16.25*

YOGA FOR EVERYONE

beginners/improvers

Tutor: Howard Pike

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ADDITIONAL INFO. (What to bring/costs on the day)

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Mat @ £2 if required payable to tutor on the day.

Fridays....

Fri 20 January 10am-11:30 Cost: £65
Weeks 10 1 conc: per academic term Conc: £16.25*

YOGA FOR EVERYONE

beginners/improvers

Tutor: Howard Pike

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