START A NEW COURSE, LEARN A NEW SKILL, KEEP FIT & LOSE WEIGHT

A White Horse News special pullout

AWARD WINNING

Pole-Da-Cise

Fitness Dance Studios

MELKSHAM AND WESTBURY

BE EMPOWERED WITH CONFIDENCE

Long established & professionally run business with PDC registered & experienced insured instructors

Day & evening pole-fit classes of non mixed ability from beginners through to advanced in purpose built studios

Hi-NRG exercise to music and abs classes as little as £3 per session

If you are looking to up your cardiovascular fitness, improve your flexibility, gain muscular strength, burn away calories, shape & tone your body in a supportive environment come & meet our team.

CALL FOR A FREE TASTER SESSION

F6/F7 AVONSIDE BUSINESS PARK, BROUGHTON RD, MELKSHAM SN12 8BT

GROUND FLOOR BRIDGE HOUSE, STATION ROAD, WESTBURY, BA13 4HR

07792 278012 · mail@pole-da-cise.com

www.pole-da-cise.com

RAY BRADFIELD GUITAR LESSONS

Registry of Guitar Tutors Member

Also mandolin and banjo

INTRODUCTORY LESSON **FREE**

ALL AGES WELCOME

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raybradfield@blueyonder.co.uk

DEB'S DANCE FITNESS

Discount on Classes

For Leigh Park Slimming World members

CLASSES AT LEIGH PARK COMMUNITY CENTRE

JUST JHOOM - Every Monday 7-8 pm & Wednesday 6.15-7pm (class: £4)
Bollywood dance fitness. Suitable for all ages and abilities. Under 16s to be accompanied by parent.

ZUMBA - every Monday 10-11am.
Workout with a party feel!!

FITNESS PILATES - Every Wednesday 9.45-10.45am
Mind body workout for core and back strength using Pilates mini balls for extra support. Mats provided 10 minute relaxation session at end of class.

ZUMBA GOLD - Every Monday morning 11.30-12.30 am and Wednesday morning 11-12 am
For 50+ age group and Beginners. Music from 50s 60s 70s 80s singalong songs. Easy fun routines to help stimulate joint mobilisation, balance & fitness.

FITSTEPS - Every Thursday 8.15-9.10 pm
Workout Inspired by Strictly Come Dancing. Natalie Lowe, and Ian Waite Have devised this new fun routine, for all abilities, using basic movements from ballroom routines and put into a fitness format.

ZUMBA toning | ZUMBA gold | FITNESSPILATES | just Jhoom! | FITSTEPS

ALL CLASSES £5 PER SESSION OR £20 PER MONTH (PER CALENDAR MONTH)

For all information and booking on all my Leigh Park community classes email:

debbiebailey4@sky.com. Mob 07941112893 or 01373 826878

love life

love Slimming World

Join a warm and friendly group today…

MONDAYS

At Leigh Park Community Centre

3.30pm ***(New session)*** 5.30pm & 7.30pm

Tel: Juliet - 01373 830925

TUESDAYS

At Leigh Park Community Centre

10.00am

Tel: Juliet - 01373 830925

FRIDAYS

At Westbury Conservative Club

9.30am

Tel: Hannah 07909 441466

save £5

Just £9.95 on your first night then £4.95 a week.

scan here or visit the website to read Alix's story

slimmingworld.com

0844 897 8000

Slimming WORLD

know you're amazing

SPECIAL OFFER

Better health, the easy way!

Register Online Now

Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention.

People do Qigong to maintain health, heal their bodies, calm their minds, and reconnect with their spirit.

The gentle, rhythmic movements of Qigong reduce stress, build stamina, increase vitality, and enhance the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions.

Classes are taught by the award winning Andy Wright. In 2009 he won the individual category for improving health in Wiltshire.

HEALTHIER WILTSHIRE AWARDS WINNER & WELLBEING PARTNERSHIP

DEAL of the DAY

NORMAL price £54 for the 12 week term

DISCOUNT PRICE £48 for the term!

10% off

PHONE 07811 910214 EMAIL enquiry@chikung4health.com

PROGRESSIVE HALL, NORTH BRADLEY, MONDAYS 930-1030am

CALNE TOWN HALL, MONDAYS 12-1pm

MARKET LAVINGTON COMMUNITY HALL, MONDAYS 630-730pm

CORSHAM COMMUNITY CENTRE, TUESDAYS 10-11am

LEIGH PARK COMMUNITY CENTRE (BA13), TUESDAYS 630-730pm

CHIPPENHAM "THE CAUSE", THURSDAYS 10-11am

BOWERHILL VILLAGE HALL, THURSDAYS 12-1pm

CHI KUNG 4 HEALTH.COM