

# DEB'S DANCE FITNESS

AT LEIGH PARK COMMUNITY CENTRE

**GIVE IT A GO!** FITSTEPS FAB MON 10AM @ LEIGH PARK COMMUNITY CENTRE

**NEW DANCE FITNESS CLASS MADE ULTRA EASY USING THE BALLROOM STEPS FROM STRICTLY COME DANCING!!!**

**MONDAYS**  
**ZUMBA GOLD** - Low intensity with ultra easy routines for 50+ 11.30am - 12.30pm  
**CLUBBERCISE** - Ultra easy aerobic routines with glow sticks & club anthems 7 - 8pm

**WEDNESDAYS**  
**PILATES & RELAXATION** - Mat based class using the mini Pilates ball to promote back strength & posture. 9.45am - 11am  
**ZUMBA GOLD** - 11.30am  
**DANCE FIT** - Easy workout to help tone & burn calories using a variety of dance steps: Ballroom, Bollywood, disco & funky 6.15pm - 7pm

**THURSDAYS**  
**PILATES** - Trowbridge Town Hall, 10 - 11am

REGULAR SOCIAL EVENTS AND TRIPS TO SHOWS AT BRISTOL HIPPODROME  
**ALL CLASSES £6 PER SESSION OR £10 FOR 2 CLASSES**  
 Contact Debbie on 07941 112893 or debbiebailey4@sky.com

**ZUMBA DANCE PARTY!** With MIKE LEITCH Every Thursday 6.45pm - 7.45pm  
 LEIGH PARK COMMUNITY CENTRE WESTBURY  
 £5 per session • 07772 282246

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

## A White Horse News special pullout

**Blackbelt Zone Fitness Academy**

**GIVE YOUR CHILD A KICK-START IN LIFE!**

**KICK BOXING WESTBURY**  
 For Ultimate Fitness and Physical Transformation  
 Instructor: Master Tony Preston 5th Degree Black belt, Han-Kuk Mu-Do Korean Kickboxing  
 For that First step to a new you!  
**FIRST TWO LESSONS FREE**

**TAMASHII WESTBURY**  
 This exciting new Martial Art teaches students how to de-stress, maximise fitness, tone-up and learn practical self-defence.  
**FIRST TWO LESSONS FREE**

Karate has been proven to:  
 Boost **SELF-CONFIDENCE**  
 Enhance **CONCENTRATION**  
 Raise **FITNESS LEVELS**  
 Encourage **GOOD BEHAVIOUR** and teach **GREAT VALUES FOR LIFE**

Please contact us for further information, and to book a **FREE TRIAL LESSON**

For further information: 01373 859777 or 07835 714796 or blackbelt\_zone@hotmail.com  
 7 Washington Road, West Wilts Trading Estate • www.blackbelt-zone.moonfruit.com

# YOGA

with **Angeline**  
 British Wheel of Yoga Tutor

**West Ashton Village Hall**  
 Regular weekly classes in a comfortable relaxed setting

**Starts September:**  
 Monday 19th 2.15pm - 3.45pm Gentle/Beginner  
 Monday 19th 6.15pm - 7.45pm Improver/Intermediate (limited availability)

*Spend time just to realise and be the self*  
 Improve flexibility and posture, enjoy being in the moment, experience balance and harmony of the body and mind.

For further details about this lovely practice please contact Angeline:  
 Tel. 01380 830458 or email: [angelinenicholson@hotmail.co.uk](mailto:angelinenicholson@hotmail.co.uk)

Leigh Park Community Centre Westbury

**ELITE MARTIAL ARTS**

Adult classes in:  
 • Taekwondo  
 • Kick Boxing  
 • Self Defence

**Keep fit  
Make friends  
Focus your mind**

**PAY AS YOU TRAIN**

Call for details, times and dates  
**Tel: 07855 774698**  
 Email: [thecruses@tiscali.co.uk](mailto:thecruses@tiscali.co.uk)

Elite Martial Arts Melksham

# LEARN TO PLAY PIANO/KEYBOARDS

**ONE-TO-ONE TUITION**  
 ALL AGES WELCOME

Can demonstrate excellent results  
**FIRST LESSON FREE**

**01380 830638 • 07914 525908**  
[jennyfirks@gmail.com](mailto:jennyfirks@gmail.com)

**EFA TRAINING**  
 Emergency First Aid Training

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**COURSES CAN ALSO BE RUN AT YOUR VENUE!**

Tel: 01373 823424 • Mob: 07909 640320  
 Email: [info@efa-training.co.uk](mailto:info@efa-training.co.uk) • Web: [www.efa-training.co.uk](http://www.efa-training.co.uk)

# A HIDDEN GEM IN THE HEART OF WILTSHIRE

**ERLESTOKE GOLF CLUB**

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**PLEASE CALL THE PRO-SHOP ON 01380 830300 FOR DETAILS**

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 Professional Tuition with our PGA class AAA Pro from £20 per lesson

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 Office 01380 831069 email: [info@erlestokgolfclub.co.uk](mailto:info@erlestokgolfclub.co.uk)  
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Places for People Leisure Ltd working in partnership with Wiltshire Council

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 Where everybody matters

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[www.placesforpeopleleisure.org](http://www.placesforpeopleleisure.org)

Leighton Recreation Centre  
 Westbury Swimming Pool

Join online today

**places for people**

**#JoinOurTeam**

Terms and conditions apply. Offer available 23rd to 31st August 2016.

# DYNAMIK-BODYZ GYM

**INDUCTIONS & PROGRAMMES FREE WITH ANY MEMBERSHIPS**

**NO JOINING FEE**      **MEMBERSHIPS FROM £25 PER PERSON**

**\*PERSONAL TRAINER\***  
 • FAT BURNING KETTLERCISE • CIRCUITS  
 • YOGA • CORE CONDITIONING • MUAY THAI

**MONDAY AND THURSDAY 10AM**

**Boot Camp**  
**PAY AS YOU TRAIN £5**

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Wessex Business Centre, Meadow Lane BA13 3EG  
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