

# MOVEOUT

SUPPORTING A HEALTHY WORKFORCE



**LAUNCH  
SESSION  
FREE!**  
(10TH JULY 2019)

**A FLEXIBLE 6 WEEK ACTIVITY PROGRAMME FOR BUSY WORKING ADULTS.  
BOOK IN ADVANCE AND GET THE LAST WEEK FREE!**

## BENEFITS

- Vitamin D & fresh air – there's no sunshine in the gym
- Boost your mental health, improve your mood and energy
- Relax
- More sociable
- Knowledgeable, personable and qualified instructors who will guide you to exercise in the best & safest way

## PRICES

6 lunchtime sessions = £10  
6 evening sessions = £20

### PAY AS YOU GO:

Lunchtime sessions = £2  
Evening sessions = £4

Pick up your loyalty card and if you attend 5 sessions the 6th is free.

**FOR MORE INFORMATION AND PAYMENT DETAILS CONTACT:  
ANGELA SQUIRES: 01702 534456/ ANGELASQUIRES@SOUTHEND.GOV.UK**



# TIMETABLE OF FITNESS, RELAXATION AND FUN ACTIVITIES

WEEK ONE	ACTIVITY	LOCATION
<b>Tues 9th July</b>	10am – Yoga	Chalkwell Lifeguard's Hut
	11am – Health Walk – FREE	Shoebury Garrison (meet at Shoeburyness Hotel)
<b>LAUNCH SESSION: Wed 10th July</b>	6pm until 7pm - Rounders, Hula hoops, Meridien Self Defence, Old school games	Chalkwell Park
<b>Thurs 11th July</b>	11am – Health Walk – FREE	Cliffs Walk (meet outside Avenue Baptist Church, Milton Rd, Westcliff)
	1.15pm – Health Walk – FREE	Priory Park (meet outside the café)
	6pm – Rounders and Dodgeball	Chalkwell Park
WEEK TWO		
<b>Sun 14th July</b>	10am – Yoga	Chalkwell Lifeguard's Hut
<b>Tues 16th July</b>	10am – Yoga	Chalkwell Lifeguard's Hut
	11am – Health Walk – FREE	Shoebury Garrison (meet at Shoeburyness Hotel)
<b>Wed 17th July</b>	11am – Health Walk – FREE	Meet outside the Crooked Billet Pub in Old Leigh
	12.30pm – Pramtastic	Chalkwell Park
	6pm – Beatz Fitness	Chalkwell Park
<b>Thurs 18th July</b>	1.30pm – Nordic Walking	Chalkwell Park
	11am – Health Walk – free	Cliffs Walk (meet outside Avenue Baptist Church, Milton Rd, Westcliff)
	1.15pm – Health Walk – FREE	Priory Park (meet outside the café)
	5.30pm – Yoga	Thorpe Bay Green
	6pm – Rounders and Dodgeball	Shoebury Park
WEEK THREE		
<b>Sun 21st July</b>	10am – Yoga	Chalkwell Lifeguard's Hut
<b>Tues 23rd July</b>	10am – Yoga	Chalkwell Lifeguard's Hut
	10am – Health Walk - FREE	Shoebury Garrison (meet at Shoebury Hotel)
<b>Wed 24th July</b>	11am – Health Walk - FREE	Meet outside the Crooked Billet Pub in Old Leigh

ACTIVITIES SUBJECT TO CHANGE/CANCELLATION AND ARE NOT REFUNDABLE  
ALL DETAILS ARE ON PUBLIC HEALTH SOUTHEND FACEBOOK PAGE

<b>Wed 24th July</b>	12.30pm – Pramtastic	Chalkwell Park
	6.30pm – Self Defence Exercise	Chalkwell Park
<b>Thurs 25th July</b>	12.00pm – Tai Chi	Chalkwell Park near rose garden
	11am – Health Walk - FREE	Cliffs Walk (meet outside Avenue Baptist Church, Milton Rd, Westcliff)
	1.15pm – Health Walk – FREE	Priory Park (meet outside the café)
	5.30pm – Yoga	Thorpe Bay Green
	6.30pm – Skip Fit and BoxIt	Chalkwell Park

#### WEEK FOUR

<b>Sun 28th July</b>	10am – Yoga	Chalkwell Lifeguard's Hut
<b>Tues 30th July</b>	10am – Yoga	Chalkwell Lifeguard's Hut
	11am – Health Walk – FREE	Shoebury Garrison (meet at Shoeburyness Hotel)
<b>Wed 31st July</b>	11am – Health Walk – FREE	Meet outside the Crooked Billet Pub in Old Leigh
	1.30pm – Power Walk (Family walk)	Gunner's Park, Shoebury
	6pm – Pilates	Chalkwell Park near car park
<b>Thurs 1st August</b>	11am – Health Walk - FREE	Cliffs Walk (meet outside Avenue Baptist Church, Milton Rd, Westcliff)
	1.15pm – Health Walk – FREE	Priory Park (meet outside the café)
	6.30pm – Boxercise	Chalkwell Park near car park

#### WEEK FIVE

<b>Sun 4th August</b>	10am – Yoga	Chalkwell Lifeguard's Hut
<b>Mon 5th August</b>	10am – Hula Hooping	Southchurch Park (meet outside café)
<b>Tues 6th August</b>	10am – Yoga	Chalkwell Lifeguard's Hut
	10am – Health Walk – FREE	Shoebury Garrison (meet at Shoeburyness Hotel)
<b>Wed 7th August</b>	11am – Health Walk – FREE	Meet outside the Crooked Billet Pub in Old Leigh
	12.30pm – Pramtastic	Shoebury Park

# TIMETABLE OF FITNESS, RELAXATION AND FUN ACTIVITIES

<b>Wed 7th August</b>	6pm – Beatz Fitness	Shoebury Park
<b>Thurs 8th August</b>	11am – Health Walk – FREE	Cliffs Walk (meet outside Avenue Baptist Church, Milton Rd, Westcliff)
	12.30pm – Tai Chi	Shoebury Park
	1.15pm – Health Walk – FREE	Priory Park (meet outside the café)
	5.30pm – Move Well walk	Outside The Royals Shopping Centre
	6.30pm – Boxercise	Chalkwell Park
<b>WEEK SIX</b>		
<b>Sun 11th August</b>	10am – Yoga	Chalkwell Lifeguard's Hut
<b>Mon 12th August</b>	10am – Hula Hooping	Southchurch Park (meet outside café)
<b>Tues 13th August</b>	10am – Yoga	Chalkwell Lifeguard's Hut
	11am – Health Walk – FREE	Shoebury Garrison (meet at Shoeburness Hotel)
<b>Wed 14th August</b>	11am – Health Walk – FREE	Meet outside the Crooked Billet Pub in Old Leigh
	6.30pm – Self Defence Exercise	Shoebury Park
<b>Thurs 15th August</b>	11am – Health Walk – FREE	Cliffs Walk (meet outside Avenue Baptist Church, Milton Rd, Westcliff)
	1.15pm – Health Walk – FREE	Priory Park (meet outside the café)
	6.30pm – Boxercise	Chalkwell Park
<b>Sun 18th August</b>	10am – Yoga	Chalkwell Lifeguard's Hut

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Working to make  
lives better  
[www.southend.gov.uk](http://www.southend.gov.uk)



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