

## FIT PLAN FOR MOULTON & SURROUNDING VILLAGES - 2016

*Whilst every attempt is made to ensure that all information is current and correct, please be aware that timings may be different during school holidays/bank holidays, or only run during term time, etc. Please check direct with organiser before attending.*

DAY	TIME	SESSION TIME	COST PER SESSION	FREQUENCY	GROUP NAME	VILLAGE location	CONTACT DETAILS
Monday	9.30am-10.15am	45 mins	£4.00	Weekly	WORK IT OUT BEND, STRETCH AND FLEX	Walgrave Village Hall	07910 124716 <a href="mailto:jane@workitout.me.uk">jane@workitout.me.uk</a>
Monday	9.30am-12.30pm	3hrs	£2.00 (£5 joining fee)	Weekly	MOULTON INDOOR BOWLS	Moulton Village Hall	Chairman - Jon Kent - 01604 493856 Secretary - Anne Garland - 01604 492988 <a href="mailto:davidgarland@uwclub.net">davidgarland@uwclub.net</a>
Monday	10.00am-12.30pm	2.5hrs	FOC	Weekly	HEALTH & WELLBEING	Walgrave Village Hall	Kimberley Smith 07702 925542 <a href="mailto:ksmith@northamptonshire.gov.uk">ksmith@northamptonshire.gov.uk</a>
Monday	12.00-1.00pm	1hr	£8.75	Weekly	PILATES	Boughton Village Hall	Roberta Gee 07816 768252
Monday	2.15pm-3.15pm	1hr	£5.00	Weekly	NORDIC WALKING	Boughton Village Hall	Roberta Gee 07816 768252
Monday	5.30pm-7.30pm	2hrs	£4.95 (+£9.95 joining fee)	Weekly	SLIMMING WORLD	Scout & Community Centre, Moulton	Jane 07714 153185
Monday	5.45pm-6.45pm	1hr	£5.00	Weekly	ZUMBA CLASS	Moulton Village Hall	Julie Harris 07971 590260 <a href="mailto:milliebaby2002@yahoo.co.uk">milliebaby2002@yahoo.co.uk</a>
Monday	7.00pm-7.45pm	45 mins	£5.00	Weekly	WORK IT OUT SWING FIT	Walgrave Village Hall	07910 124716 <a href="mailto:jane@workitout.me.uk">jane@workitout.me.uk</a>
Monday	7.00pm-8.00pm	1hr	£4.50	Weekly	MIXERCISE	Overstone Village Hall	Mel Vyse 01604 643885 / 07899 915222
Monday	7.00pm-8.00pm	1hr	£5.00	Weekly	CIRCUIT TRAINING	Brixworth Village Hall	Alison Cooper 07732 165546 <a href="mailto:info@act-ive.com">info@act-ive.com</a>
Monday	7.15pm-8.30pm	1.25hrs	£10.00	Weekly	BODY CONTROL PILATES	The Chris Moody Centre, Moulton College	01933 413700 <a href="http://www.northantspilates.com">www.northantspilates.com</a>

DAY	TIME	SESSION TIME	COST PER SESSION	FREQUENCY	GROUP NAME	VILLAGE location	CONTACT DETAILS
Monday	7.30pm-9.00pm	1.5hrs	£9.00	Weekly	YOGA	Brixworth Library - Community Hall	Anne Widdup 07729 099206 <a href="mailto:change4good@aanewiddup.com">change4good@aanewiddup.com</a>
Tuesday	9.45am-10.45am	1hr	£7.50	Weekly	PILATES	Pitsford Village Hall	Caroline Brennan 07977 207989 <a href="mailto:pilatescaroline@gmail.com">pilatescaroline@gmail.com</a>
Tuesday	10.00am-11.00am	1hr	£1.50	Weekly	MOULTON KEEP FIT	Chappell House, Moulton	Mrs Hilary Campian 01604 493670 (call am only)
Tuesday	10.30am-11.30am	1hr	£63.00 (per course)	7 week course during school term	PILATES	Brixworth Library - Community Hall	Louise Grumi 07766 807184 <a href="mailto:pilateswithlouse@gmail.com">pilateswithlouse@gmail.com</a>
Tuesday	1.45pm-3.15pm	1.5hrs	£9.00	Weekly	YOGA	Brixworth Library - Community Hall	Anne Widdup 07729 099206 <a href="mailto:change4good@aanewiddup.com">change4good@aanewiddup.com</a>
Tuesday	6.00pm-7.00pm	1hr	£63.00 (per course)	7 week course during school term	PILATES	Brixworth Village Hall	Louise Grumi 07766 807184 <a href="mailto:pilateswithlouse@gmail.com">pilateswithlouse@gmail.com</a>
Tuesday	6.30pm-7.30pm	1hr	£8.75	Weekly	PILATES	Boughton Village Hall	Roberta Gee 07816 768252
Tuesday	7.00pm-8.00pm	1hr	£63.00 (per course)	7 week course during school term	PILATES	Brixworth Village Hall	Louise Grumi 07766 807184 <a href="mailto:pilateswithlouse@gmail.com">pilateswithlouse@gmail.com</a>
Tuesday	7.00pm-10.00pm	3hrs	£2.00 (£5 joining fee)	Monthly	MOULTON INDOOR BOWLS	Moulton Village Hall	Chairman - Jon Kent - 01604 493856 Secretary - Anne Garland - 01604 492988 <a href="mailto:davidgarland@uwclub.net">davidgarland@uwclub.net</a>
Wednesday	9.30am-12.30pm	3hrs	£2.00 (£5 joining fee)	Weekly	MOULTON INDOOR BOWLS	Moulton Village Hall	Chairman - Jon Kent - 01604 493856 Secretary - Anne Garland - 01604 492988 <a href="mailto:davidgarland@uwclub.net">davidgarland@uwclub.net</a>
Wednesday	9.30am-11.30am	2hrs	£3.00	Weekly	INDOOR BOWLS	Overstone Village Hall	Janice Cork 01604 670029
Wednesday	10.00am-11.00am	1hr	£7.50	Weekly	PILATES	Pitsford Village Hall	Caroline Brennan 07977 207989 <a href="mailto:pilatescaroline@gmail.com">pilatescaroline@gmail.com</a>

DAY	TIME	SESSION TIME	COST PER SESSION	FREQUENCY	GROUP NAME	VILLAGE location	CONTACT DETAILS
Wednesday	10.00am-11.30am	1.5hrs	FOC	Fortnightly	SYWELL STROLLERS	Meet in The Horseshoe Car Park, Sywell	Barbara & Ian Thompson 01604 644779 / 07910 039560
Wednesday	10.30am-11.15am	45 mins	FOC	Weekly	HEALTH WALK	Meet outside Moulton Library	Will Heckford - Community Sport Engagement Manager - 01327 871144 <a href="mailto:willheckford@everyoneactive.com">willheckford@everyoneactive.com</a>
Wednesday	2.00pm-4.00pm	2hrs	£3.00	Weekly	HOLCOT BOWLS	Holcot Village Hall	Pat McGlasson 01604 781215
Wednesday	6.00pm-7.00pm	1hr	£7.50	Weekly	PILATES	Pitsford Village Hall	Caroline Brennan 07977 207989 <a href="mailto:pilatescaroline@gmail.com">pilatescaroline@gmail.com</a>
Wednesday	6.15pm-7.00pm	45 mins	£5.00	Weekly	PILATES	The Brixworth Centre	Alison Cooper 07732 165545 <a href="mailto:info@act-ive.com">info@act-ive.com</a> / <a href="mailto:alicooperfitness@gmail.com">alicooperfitness@gmail.com</a>
Wednesday	7.15pm-8.15pm	1hr	£6.00	Weekly	PILATES	Sywell Grange	Sharon Morrow - New Dimensions Fitness 07967 018894 <a href="mailto:sharon@newdimensionsfitness.co.uk">sharon@newdimensionsfitness.co.uk</a>
Wednesday	11.15am-12.15pm	1hr	£8.00	Weekly	FLOW YOGA SESSONS	Brixworth Village Hall	Tina Sheridan 07810 380636
Wednesday	7.00pm-8.00pm	1hr	£7.50	Weekly	PILATES	Pitsford Village Hall	Caroline Brennan 07977 207989 <a href="mailto:pilatescaroline@gmail.com">pilatescaroline@gmail.com</a>
Wednesday	7.10pm-7.55pm	45 mins	£5.00	Weekly	WORK IT OUT SWING FIT	Brixworth Library - Community Hall	07910 124716 <a href="mailto:jane@workitout.me.uk">jane@workitout.me.uk</a>
Wednesday	8.00pm-9.00pm	1hr	£5.00	Weekly	BALLROOM AND LATIN AMERICAN DANCES	Holcot Village Hall	Julie 07766 656968 <a href="mailto:dance-pod@hotmail.co.uk">dance-pod@hotmail.co.uk</a>

DAY	TIME	SESSION TIME	COST PER SESSION	FREQUENCY	GROUP NAME	VILLAGE location	CONTACT DETAILS
Thursday	10.00am-11.30am	1.5hrs	£7.50	Weekly	YOGA	Moulton Village Hall	Margaret Oakley 01604 646764 <a href="mailto:kinesiology@mountfield.idps.co.uk">kinesiology@mountfield.idps.co.uk</a>
Thursday	10.30am-11.30am	1hr	£5.00	Weekly	NORDIC WALKING	Boughton Village Hall	Roberta Gee 07816 768252
Thursday	12.00-2.30pm	2.5hrs	FOC	Weekly	HEALTH & WELLBEING	Walgrave Village Hall	Kimberley Smith 07702 925542 <a href="mailto:kismith@northamptonshire.gov.uk">kismith@northamptonshire.gov.uk</a>
Thursday	6.15pm-8.00pm	1.75hrs	£7.50	Weekly	YOGA	Boughton Village Hall	Lizzy 07950 573719 <a href="mailto:yogawalks@ymail.com">yogawalks@ymail.com</a>
Thursday	7.00pm-7.45pm	45 mins	£5.00	Weekly	WORK IT OUT BODY FITNESS	Walgrave Village Hall	07910 124716 <a href="mailto:jane@workitout.me.uk">jane@workitout.me.uk</a>
Friday	9.15am-10.15am	1hr	£5.50	Weekly	WORK IT OUT OUTDOOR BODY FITNESS	Walgrave (Cross Lodge, Old Road)	07910 124716 <a href="mailto:jane@workitout.me.uk">jane@workitout.me.uk</a>
Friday	10.00am-11.30am	1.5hrs	FOC	Fortnightly	SYWELL STROLLERS	Meet in The Horseshoe Car Park, Sywell	Barbara & Ian Thompson 01604 644779 / 07910 039560
Friday	10.00am-11.15am	1.25hrs	£7.00	Weekly	YOGA	Sywell Village Hall	Carrie-Anne Bridel 07984 191016 <a href="mailto:carineanne@yogafreedom.co.uk">carineanne@yogafreedom.co.uk</a>
Friday	10.45am-11.45am	1hr	£6.00	Weekly	PILATES	Sywell Grange	Sharon Morrow - New Dimensions Fitness 07967 018894 <a href="mailto:sharon@newdimensionsfitness.co.uk">sharon@newdimensionsfitness.co.uk</a>
Friday	1.30pm-2.45pm	1.25hrs	£10.00	Weekly	BODY CONTROL PILATES	The Chris Moody Centre, Moulton College	01933 413700 <a href="http://www.northantspilates.com">www.northantspilates.com</a>
Friday	2.30pm-4.30pm	2hrs	£2.00	Weekly	SHORT MAT BOWLS CLUB	The Brixworth Centre	Janet 07762 211721 / 01604 880317
Friday	6.30pm-7.45pm	1.25hrs	£10.00	Monthly	PILATE CLASS	Pitsford Village Hall	Caroline Brennan 07977 207989 <a href="mailto:pilatescaroline823@gmail.com">pilatescaroline823@gmail.com</a>

DAY	TIME	SESSION TIME	COST PER SESSION	FREQUENCY	GROUP NAME	VILLAGE location	CONTACT DETAILS
Friday	7.00pm-10.30pm	3.5hrs	£7.50	Monthly (exc Jul & Aug)	MSC TEA DANCE	Moulton Village Hall	Mick White 01536 601757 / 07807 707146
Friday	7.30pm-9.30pm	2hrs	£2.00	Weekly	SHORT MAT BOWLS CLUB	The Brixworth Centre	Janet 07762 211721 / 01604 880317
Saturday	11.00am-12.00pm	1hr	£6.00	Weekly	PILATES	Sywell Grange	Sharon Morrow - New Dimensions Fitness 07967 018894 <a href="mailto:sharon@newdimensionsfitness.co.uk">sharon@newdimensionsfitness.co.uk</a>
Saturday	11.15am-12.15pm	1hr	£8.00	Weekly	MEDITATIVE RELAXATION SESSIONS	Boughton Village Hall	Carrie-Anne Bridel 07984 191016 <a href="mailto:carrieanne@yogafreedom.co.uk">carrieanne@yogafreedom.co.uk</a>