

# ENERGY FIT

# EXERCISE CLASS

**STARTING**    **WED OCT 18th**    **12-1pm**    Cottingham and Middleton  
Village Hall            Cost £5 drop in

Instructor : **Jenni Levine**...with a background in medicine , energy massage, Reiki and Taichi . I teach all ages and all levels of fitness.

## WHAT HAPPENS IN CLASS ?

**MOVEMENT** .....We shake out, massage, tap, stretch , breathe and relax . We bend and bow and sweep and reach . The spine is important, as is balance and breath. We learn how to look after our bodies.

**MINDFULNESS** .. We learn the art of mindfulness , and practice mindful walking. We learn ways to manage stress. Seated practice also . Posture and presence.

**SMILES** ....We practice "the inner smile " , and gratitude , and we have a laugh.

Contact Jenni..mob 07508656438    Jenni Taichi on Facebook



**Come and try, just turn up !**

# LIST OF CLASSES

## MONDAY

9AM AUTUMN CENTRE, Counts Farm Road,CORBY NN18 8BH 01536 264 671 This is a day centre for the elderly.

10.45am GREAT OAKLEY VILLAGE HALL . LEWIN RD. CORBY NN188JS £5

## TUESDAY

7-8.30PM £8 CLIVE OSBORNE INSTRUCTOR. TO JOIN ME IN CLIVES CLASS AT  
THE OLD SHOE FACTORY, WOLLASTON RD, IRCHESTER NN297DA.

## WEDNESDAY

9.15 GREAT EASTON VILLAGE HALL, High Street, Great Easton LE16 8ST £6

10.30am GRETTON VILLAGE HALL, Kirby Road, Gretton NN17 £5

**NEW : COTTINGHAM AND MIDDLETON VILLAGE HALL .** Berryfield Road, Cottingham, Corby, LE16 8XB

**THURS** CLASS GREAT OAKLEY VILLAGE HALL NN188JS 2.00pm £5

PRIVATE SESSIONS are available at THE OLD SHOE FACTORY , IRCHESTER NN297DA