

# Wallops Parish Hall

## Weekly Events and Contacts – July 2016 Onwards

<b><u>MONDAYS</u></b> 6.30 to 8.30 pm	<b><u>Training for Puppies and their Owners</u></b> Small classes for puppies up to 6 months old that teach basic handling, lead work and recall. Puppies are taught good manners around other dogs and people. Problems such as jumping up, digging and chewing can also be addressed.	Pauline Wise 01264-356661
<b><u>TUESDAYS</u></b> 9.30 to 10.45 am	<b><u>Jo Wheeler Yoga Class</u></b> Inspired yoga classes offered to all of every ability to improve strength, muscle tone, flexibility and fitness as well as bringing about a sense of well-being and happiness. Breathe, smile, flow and have fun on and off the yoga mat.	Jo Wheeler 07775-568596
9.30 to 10.30 am	<b><u>Zumba Dance and Kettlebell Cardio Class</u></b> The class starts by warming up with a shaking Zumba dance section and then switches to the kettlebells for some strength and total body toning exercises. Easy to follow routines make it fun for everyone. Weights are available for beginners.	Emma Roberts 07793-229212
10.45 to 11.45 am	<b><u>Pilates Class</u></b> Pilates teaches control and focus for your mind and body. You synchronise breathing and movement resulting in toned muscles, increased core strength, a slimmer waistline, improved flexibility and relaxation.	Emma Roberts 07793-229212
6.30 to 8.00 pm	<b><u>Wallop Amateur Singers and Performers (WASPS)</u></b> Have fun and learn to act and sing with the WASPS who periodically put on shows for the entertainment of us all. Cabaret acts and serious performances attempted! The rehearsal is usually used by the popular singing group.	Nicola Johnson 01264-781153
7.30 to 8.30 pm	<b><u>Dance Session with the Footloose Dance Club</u></b> Achieve fitness and co-ordination whilst having fun learning stage dance routines. The aim is for everyone to become a showgirl as the club takes the Lights Theatre each spring and puts on its own show!	Marianne Rouse 01264-773617
<b><u>WEDNESDAYS</u></b> 9.30 to 10.45 am	<b><u>Jo Wheeler Yoga Class</u></b> Same details as for the Tuesday morning class.	Jo Wheeler 07775-568596
7.00 to 8.00 pm 8.00 to 9.00 pm	<b><u>Zumba Dance and Kettlebell Cardio Class</u></b> <b><u>Pilates Class</u></b> Same details as for the Tuesday morning classes.	Emma Roberts 07793-229212
<b><u>FRIDAYS</u></b> 9.30 to 10.45 am	<b><u>Jo Wheeler Yoga Class</u></b> Same details as for the Tuesday morning class.	Jo Wheeler 07775-568596
9.30 to 11.00 am	<b><u>Wallops Under 5s Playgroup</u></b> Mothers, fathers, babies, toddlers and pre-schoolers are all welcome! Lots of toys and space to play. Cost is £2 per family. Tea, coffee, juice and biscuits included. Baby change facilities available. No need to book – Come and have a look!	Kate Joseph 07463-232200

*The list shows the full programme of events that normally takes place in term time. Note that some classes may not be run during school holidays. Beginners are welcome at all classes.*

*Please ring the contacts listed to find out further details and to book a place.*