

The Guernsey Sports Commission (GSC) aims to support everyone who wishes to participate in sport & physical activity. During Weight Wise Week we have teamed up with M&S to offer you taster sessions in a variety of activities and sport.

Weight Wise Week is all about individuals looking at their lifestyle and thinking about the choices they make. The GSC, in conjunction with M&S, would like to make it easier for women to make healthy choices & enjoy sport & physical activity.

We have tried our best to offer a wide range of different activities which are all about having fun & finding options to keep active on regular basis. All you need to do is have a look at the timetable & pick as many things you think you might enjoy & get involved! All activities are free of charge, are open to women only & are offered as a taster – no previous experience or fitness required. So grab a friend & come along! If you have any queries please get in touch with the contact for your chosen activity or Jenny Rees at the GSC on 747271 or jenny.rees@gssportscom.gov.gg

Abs, Bums & Thighs – Beau Sejour Leisure Centre

Booking required up to 6 days in advance. Unavailable to current attendees. Strengthens & tones the important parts of the body! (14 years +)
For info & to book tel: 747200

Abs, Bums & Tums – Revolution Gym at the OGH

Booking required. Focuses on the lower half of the body. Great for sculpting & toning those stubborn areas to leave you feeling toned in all the right places. (16 years +)
For info & to book tel: 738680 or email: revolution@theoghhotel.com

Aerobics – Beau Sejour Leisure Centre

Booking required up to 6 days in advance. Unavailable to current attendees. A very popular way to improve stamina, endurance & help with weight loss. These sessions are fun packed & motivating. (14 years +)
For info & to book tel: 747200

Archery – Small Bore Rifle Club

Booking required. Taught by qualified coaches from the Bowmen of Guernsey. All Archery equipment will be provided & no special clothing is required. The session will take place at the Small Bore rifle club in Mont Arrive, next to the Fitness Factory. (10 years +)
For info & to book please contact Steve Yates tel: 07781 150032 or email: steve.yates@cwgsy.net

AquaFit – Kings Life

Booking required up to 5 days in advance. A low impact aerobics session in the pool that can maintain & improve stamina, strength & suppleness as well as increase cardiovascular fitness. The cushioning effect of the water protects joints & is suitable for people of all ages & abilities. (15 years +)
For info & to book contact Kings Life tel: 723366

Aqua Cardio – Marina Health & Leisure with Jane England

Booking required. A total body workout that will invigorate & motivate you back to fitness with funky tracks & good old fashioned grooves in the pool! (18 years +)
For info & to book contact Marina Health & Leisure tel: 721818 or email: info@marina.gg

Aqua Combat – Marina Health & Leisure with Jane England

Booking required. A combination of karate, boxing & self-defence moves performed in the pool. Suitable for all levels of fitness & a sure way to kick start your fitness regime. (18 years +)
For info & to book contact Marina Health & Leisure tel: 721818 or email: info@marina.gg

Aquafit Party – Beau Sejour Swim School

Booking required. Aquafit uses water resistance to improve cardiovascular fitness & muscle tone. Great for a whole range of people: teenagers through to older adults, males, females, athletes, dancers, rehabilitation & accident recovery patients - everyone! (14 years +)
For info & to book contact the Swim School tel: 747240

Aqua Tone – Marina Health & Leisure with Jane England

Booking required. A specifically designed class that tones the whole body using Aqua Web gloves. With intervals of cardio work this class is guaranteed to keep you motivated & get your body looking great! (18 years +)
For info & to book contact Marina Health & Leisure tel: 721818 or email: info@marina.gg

Badminton – Rohais Badminton Hall

Booking required. Includes serving & other basic shots, the basic rules of the game & scoring. By the end of the session you will have played several games! Please wear non-marking shoes & loose fitting clothes, bring your own racket if you have one. There is plenty of parking. Suitable for all ages.
For info & to book contact Jane Mahy tel: 200100 or email: jane.mahy@cwgsy.net

B Creative Street Dance – Hockey Club Footes Lane

Booking required. Commercial Street Dance is a new dance fitness. It helps if you have good co-ordination or dance experience, but if not, don't let that put you off! Come & have a go. The class is based around a good aerobic warm up, you will then be taught some of the latest street dance moves, which eventually becomes a routine you can blast out as a group! A very different & fun way to keep fit. (16 years +)
For more info & to book contact Brandi Dawson tel: 07839 254115 or email: bcreative-dance@hotmail.co.uk

	Sat 21/1	Sun 22/1	Mon 23/1	Tue 24/1	Wed 25/1	Thu 26/1	Fri 27/1	Sat 28/1	Sun 29/1	Mon 30/1
	Curves Gym Free Week - booking required		Curves Gym Free Week - booking required		Curves Gym Free Week - booking required		Curves Gym Free Week - booking required		Curves Gym Free Week - booking required	
8am	8.15-9.15am - Lee Merrien Running							8.15-9.15am - Lee Merrien Running (Location TBC)		
9am	9-10am - Aqua Fit @ Kings Life		9.30-10.15am - Aqua Tone @ Marina Health and Leisure	9.30am - Guernsey Fitness Camp @ ICG	9.30-10.30am - Swissball @ Revolution Gym, The OGH	9.30-10.30am - Abs, Bums & Thighs @ Beau Sejour Leisure Centre	9.30-10.30am - Abs, Bums & Tums @ Revolution Gym, The OGH	9.30-10.30am - Outdoor Active @ Kings Life	9-10am - Aqua Fit @ Kings Life	
				9.30-10.30am Outdoor Active @ Kings Life						
				9.30-10.30am - Aqua Fit @ Kings Life						
10am	10am-12pm - Table Tennis @ Table Tennis Centre	10.30am - Touch Rugby @ Cambridge Park	10.30-11am - Mummy Fit @ Kings Life						10am-12pm - Table Tennis @ Table Tennis Centre	
	10.30-11.15am - Beginner Bootcamp @ The Trainstation									
11am									11am-12pm - BodyBalance @ Beau Sejour Leisure Centre	11am - Sarnia Walking Club @ Delancey Park 11.15am-12pm - Intro to Spin @ Beau Sejour Leisure Centre
12pm		12.15-12.45pm - Blooming Fit @ Kings Life		12.10-12.50pm - Aqua Combat @ Marina Health and Leisure						12.15-12.45pm - Blooming Fit @ Kings Life
				12.30pm - Guernsey Fitness Camp @ ICG						
				12.30-2pm - Badminton @ Rohais Badminton Halls						
1pm									1-2pm Teen Tennis (13-18yrs) @ GTC	
2pm		2-4pm - Open Gym Session @ The Trainstation							2-3pm Ladies Tennis @ GTC	
3pm	3-4.15pm - Women Only Public Swimming @ Beau Sejour Leisure Centre									
	3-4.30pm - Volleyball @ Beau Sejour Leisure Centre									
4pm	4-5pm - Yoga @ Kings Life									
5pm	5-6pm - Yoga @ Kings Life									
6pm			6.30-7.30pm - Archery @ Small Bore Rifle Club	6pm - Rugby @ KGV					6-7pm - Zumba @ Beau Sejour Leisure Centre	6pm - Intro to Salsacise @ Albion House
			6-6.45pm - Beginners Kettlebell Class @ The Trainstation							
7pm			7.30-8.30pm - Archery @ Small Bore Rifle Club	7-7.45pm - B Creative Zumba @ The Hockey Club					7pm - Aquafit @ Beau Sejour Leisure Centre	
			7-8pm - Get Fit Guernsey @ Castel School	7.45-8.30pm - B Creative Street Dance @ The Hockey Club						
			7.15pm - Intro to Salsa Dancing @ Albion House	7-8pm - Zumba @ Amherst School						
			7-8pm Zumba Beginners @ Beau Sejour Leisure Centre	7.15-8pm - Intro to Spin @ Beau Sejour Leisure Centre						
8pm				8-9pm - Body Balance @ Beau Sejour Leisure Centre						
					6-6.45pm Aqua Cardio @ Marina Health and Leisure	6.15-7pm - Beginners Bootcamp @ The Trainstation				
					6-7pm - Lee Merrien Running @ Footes Lane	6.30pm - Indoor Bowls @ Indoor Bowls Stadium				
					6.30pm - Indoor Bowls @ Indoor Bowls Stadium	6.45-10pm - Women Only Public Swimming @ Beau Sejour Leisure Centre				
					7pm - Aquafit @ Beau Sejour Leisure Centre	7-8pm - Zumba @ Amherst School				
					7-8pm - Get Fit Guernsey @ Castel School	7.45-8.45pm - Debbie Duport Zumba - St Sampson's High				

B Creative Zumba Taster – Hockey Club Footes Lane

Booking required. A fun way to get fit, it definitely beats the gym! The moves are very easy to follow, the music makes you want to move – you won't even know you're exercising as you'll be having so much fun. It helps you burn calories & tones up all parts of the body. (16 years +)

For info & to book contact Brandi Dawson tel: 07839 254115 or email: brandi.zumba@hotmail.co.uk

Beginner Bootcamp – The Trainstation, Longcamps

Booking required. A fun & energetic form of group exercise. Our class incorporates a variety of cardio, body weight & resistance exercises which will give you a total body workout. This will be a very intense 45 minutes, so if you like to push yourself & want results; this is the one for you! Suitable for all levels of fitness & ability. (18 years +)

For info & to book email Craig Tyrrell: info@craigtyrrell.com

Beginners Kettlebell Class – The Trainstation, Longcamps

Booking required. A fantastic way to improve strength, flexibility, tone & improve all around fitness. Although lifting any kind of weight can be daunting for women, this session will give you the skills to perfect the main lifts with safe & effective technique. Remember, you don't have to go heavy! Our kettles range from 4kg - 24kg so you can choose your own weight & work at your own pace. (18 years +)

For info & to book contact Craig Tyrrell email: info@craigtyrrell.com

BloomingFit – Kings Life

Booking required up to 5 days in advance. A 30 minute pre natal exercise class designed to help you stay in shape during pregnancy. It will improve energy levels, help control additional weight gain & can assist in a quicker post natal recovery. (15 years +)

For info & to book contact Kings Life tel: 723366

BodyBalance – Beau Sejour Leisure Centre

Booking required up to 6 days in advance. Unavailable to current attendees. Controlled breathing, concentration & a carefully structured series of stretches, moves & poses create a holistic workout that brings the body into a state of harmony & balance. (14 years +)

For info & to book tel: 747200

Curves – Women Only Gym

Sydney Vane House, Admiral Park, St Peter Port

Booking required. Curves is specially designed for women featuring a complete 30 minute workout. This total body workout combines strength-training & cardio so you can burn up to 500 calories every workout. With circuit coaches on hand at all time to offer support & encouragement, you will be sure to reach your fitness goals. We are open 7am - 7.30pm week days & 9am - 12.30pm on Saturdays. (16 years +)

For info & to book tel: 701147

Debbie Duport ZUMBA FITNESS® for Adults - St Sampson High School

Booking required. Only Available to those who do not already attend Debbie Duport Zumba.

A dance based exercise class set to infectious music with easy to follow dance moves. This unique fitness class is set to get your heart pumping & your feet tapping, working the whole body. You don't need a partner, and it is suitable for any age, size & fitness. (16 years +)

For info contact Debbie Duport

tel: 255367 or email: debbie.duport@cwgsy.net To book contact Oliver tel: 747229

Fitness Camp - Get Fit Guernsey

Booking required.

Help regain past fitness or begin something new – Get Fit Guernsey will be for you. We ensure that for each exercise performed we have different levels of difficulty which means no one is ever over or under worked. Get Fit in a relaxed, fun & effective environment. (14 years +)

For info & to book contact Maddy tel: 07781 109690 or email: info@getfitguernsey.com

Guernsey Fitness Camp – Stormforce Fitness, Indoor Cricket Guernsey

Booking required. Includes fitness challenges, strength & conditioning workshop. A strong intense conditioning session not for the faint hearted! (16 years +)

For info & to book contact Russ Smith tel: 01481 210205 or email: info@stormforcefitness.com

Indoor Bowls - Indoor Bowls Stadium, Hougue Du Pommier

Includes a brief introduction, individual instruction on how to play, the rules of play etc – Then it's time to have a go! Experienced female bowlers will be on hand to assist. Free tea, coffee &

biscuits. Any ages welcome!

For info contact Andy Lowe email: drewlowe@cwgsy.net or Danny Lowe: danny.sav@cwgsy.net

Intro to Spinning – Beau Sejour Leisure Centre

Booking required up to 6 days in advance. Unavailable to current attendees. An excellent workout for all levels. Learn how to set the bike up to suit you, the basics of spinning & then try a 30-40 minute easy spinning session. Only beginners permitted in this class & you can take part in 3-4 sessions before we will encourage you to try other spinning classes. (14 years+)

For info & to book tel 747200

MummyFit – Kings Life

Booking required up to 5 days in advance. A 30 minute safe, effective post natal exercise class where baby comes too! A class designed to help you get active & in shape. Tighten & tone your muscles & lose excess baby fat. (15 years +)

For info & to book contact Kings Life tel: 723366

Open Gym Session – The Trainstation

A free gym session where instructors will be on hand to show you all the equipment & give you advice on nutrition. (18 years +)

For info contact Justin email: info@thetrainstation.co.gg www.thetrainstation.co.gg

Outdoor Active – Kings Life

Booking required up to 5 days in advance. This one is for the ladies! A fun fitness class incorporating a variety of exercises. Each session is held outdoors at various locations, on & off site. Suitable for all levels of fitness. (15 years +)

For info & to book contact Kings Life tel: 723366

Rugby – KGV

This is a game for all shapes, sizes, ages & fitness levels, with a great social side! Studded boots are recommended but not essential for this taster session. (18 years +)

For info contact Jemma Crouse tel: 07781 410007

Running – Lee Merrien Running

Booking required. Lee Merrien Running Groups provide structured training sessions to suit all abilities from the complete beginner to the more experienced runner. Sessions are structured to ensure

that everyone gets the most from the training, whatever their goals. Sessions are organised by Guernsey distance runner Lee Merrien but depending on what group you join will depend on who delivers your sessions. (16 years +)

For info & to book contact Lee Merrien email: lee@leemerrienrunning.com

Salsa – Heidi Almonte

Booking required. Intro to Salsa dancing fun & friendly way to keep fit whilst learning easy salsa dances "Salacise" – Dancing Salsa without a partner, a great way for easy to moderate exercise while learning to dance. Classes in the private room on the middle floor at the Albion House. Please wear smooth bottomed shoes. (15 years +)

For info and to book contact Heidi Almonte tel: 722798 email: salsa.heidi@cwgsy.net or guernseysalsa.blogspot.com

Sarnia Walking Club – Delancey Park

An informal introduction to race/power walking. There will be a short walk of 15/20 minutes & also a short race for those wanting to participate. Please wear trainers, shorts or trousers (not baggy). (11 years +)

For info contact Jane Le Noury tel: 246865/07781 146865 or lenouryjedburgh@cwgsy.net

Swissball – Revolution Gym at the OGH

Booking required. A workout that improves body posture & balance. This class includes a variety of general toning exercises with a twist – using the ball! A great, effective workout. (16 years +)

For info & to book tel: 738680 or email: revolution@theoghhotel.com

Table Tennis – Table Tennis Centre, Houge de Pommier

A women only taster that will be run by local players & coaches. All ages welcome.

For info contact Becks O'Keefe tel: 07781 180140 email: tabletennis@cwgsy.net

Tennis – Guernsey Tennis Club

Booking required. Try something new or make a comeback! 1-2pm is for 13-18 year old girls with the ladies session at 2-3pm. Please wear non-marking tennis shoes/ flat soled shoes & bring a tennis racket if you have one (there will be some available).

For info & to book contact Jo Robinson tel: 07781 194140 or email: jorobtennis@gmail.com

Touch Rugby – Cambridge Park

Booking required. Touch has become one of Guernsey's most popular sports with over 400 men & women aged 14+ taking part in the FNB Touch summer league. All abilities, fitness levels & ages welcome & requires no previous experience or specialist equipment. You will receive a brief introduction to the sport. It will be outside so wrap up warm & come wearing your trainers. If you have astro or moulded boots then these will provide extra grip – please don't wear boots with studs. (14 years +)

For info & to book email: info@guernseytouch.org.gg

Volleyball – Beau Sejour Leisure Centre

Run by the Guernsey Volleyball association, basic skill will be introduced and will be combined into a game at the end. Please wear indoor sports kit (including clean indoor trainers) & a drink. All ages welcome!

For info contact Ross Gledhill email: Gledhill.ross@gmail.com

Women Only Public Swimming – Beau Sejour Leisure Centre

Bring this leaflet to redeem your free swim. BSLC are pleased to offer two separate sessions of "Women Only Public Swimming". (8 years +)

For info contact Jo Winberg tel: 747223

Yoga – Kings Life

Booking required up to 5 days in advance.

Far from being just an exercise system, yoga helps us connect with our true selves. This Hatha yoga class combines vinyasa flow & asanas (postures) with pranayama (breath practice) to stretch, strengthen & re-energise the body. The class finishes with relaxation to calm & focus the mind. (15 years +)

For info & to book contact Kings Life tel: 723366

Zumba – Beau Sejour Leisure Centre/ Amherst School

Booking required up to 6 days in advance. Unavailable to current attendees. The latest Latin dance fitness craze that improves fitness & your figure whilst having fun! (14 years +)

For info & to book tel: 747200

Zumba – Kings Life

Booking required up to 5 days in advance. Are you ready to party yourself into shape? The easy-to-follow steps, motivating & catchy Latin inspired dance tunes mean you will burn calories & shape up without even noticing! Zumba® Fitness is a "fitness-party" that is downright addictive! (15 years +)

For info & to book contact Kings Life tel: 723366



women's only taster sessions

Weight Wise Week

21 January – 30 January

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YOUR M&S



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