

# ACTIVITIES

## Kettlercise

In just 50 minutes you will complete 37 different exercises with a kettle bell which will sculpt and tone your body melting away fat.

Suitable for all levels of fitness from absolute beginners to advanced – just increase your bell weight!

Monday  
7.00pm to 8.00pm  
16 + years

Anita Breeze  
0774 5519877

## Yoga Fitness

[www.fit4dance.com](http://www.fit4dance.com)

Benefits of Fitness Yoga include: • Enhanced physical fitness • Increased mental and physical relaxation • Enhanced development of body awareness

• Reduced risk of injury to joints, muscles and tendons • Reduced muscular tension • Increased flexibility and use of range of motion • Increase in body strength

Tone up, get fit and healthy!

Tuesday  
6.45pm to 8.00pm  
16 + years

Charlotte Tomlinson  
07939 588092  
[charlotte.tomlinson@hotmail.com](mailto:charlotte.tomlinson@hotmail.com)

## Zumba Fitness

[www.matthewprint.zumba.com](http://www.matthewprint.zumba.com)

A Latin-inspired dance-fitness program, Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, getting fit and their energy levels are soaring! It's easy to do, effective and totally exhilarating.

Monday & Wednesday  
7.00pm to 8.00pm  
16 + years

Matthew Print  
07929 528412  
[zumbamattuk@gmail.com](mailto:zumbamattuk@gmail.com)

## Clare's Fitness

[facebook@clare's fitness](https://www.facebook.com/clare's%20fitness)

BOOT CAMP - Suitable for all fitness levels. Have fun, challenge yourself, get fit and feel amazing.

Mondays 6.30pm to 7.30pm  
Wednesdays 6.00pm to 7.00pm  
16 + years

Clare  
07761 088911  
[clares-fitness@outlook.com](mailto:clares-fitness@outlook.com)

## Fast Fitness

[www.fastfitnessleicester.co.uk](http://www.fastfitnessleicester.co.uk)

We are an ongoing indoor and outdoor training programme helping you to get fit, lose weight and get into the best shape of your life while having fun.

**INSANITY** Mondays 5.50pm to 6.50pm  
**KETTLEBELLS** Tuesdays 5.45pm to 6.30pm  
**BOOTCAMP** Wednesdays 6.00pm to 7.00pm

Paul Brown  
07966 959 872  
[paul@fastfitnessleicester.co.uk](mailto:paul@fastfitnessleicester.co.uk)

## Phase II Badminton

Friendly Badminton Club

Wednesday  
8.00pm to 10.00pm  
Adults

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<b>Slimming World</b>	<a href="http://www.slimmingworld.co.uk">www.slimmingworld.co.uk</a>
Slimming World's highly effective approach to weight loss is empowering and enabling. Our support – online and in group – is based on a deep understanding of how you feel and a passionate desire to help you achieve your personal weight loss goals – and maintain them for life!	
Thursday 5:15pm and 7:00pm Adults	Hazel Hickson 07817 303018

<b>Drucks Aardvarks Mixed Hockey Club</b>	<a href="http://www.lmha.co.uk">www.lmha.co.uk</a>
We are always interested in new players, men & women. Our teams cover all abilities & ages, all are welcome.	
Saturday (fixtures) 2.30pm to 4.30pm Junior & Adults	

<b>Groby Juniors Football Club</b>	<a href="http://www.grobyjuniorsfc.co.uk">www.grobyjuniorsfc.co.uk</a>
Our aim is simple and that is everyone from the players, managers, parents and everyone else connected with the Club to enjoy yourselves.	
Tuesday, Wednesday, Thursday 6.00pm to 9.00pm Junior	

<b>Leicestershire Orienteering</b>	<a href="http://www.leioc.org.uk">www.leioc.org.uk</a>
You are welcome to attend the term time Club nights at groby to improve your skills and fitness.	
Monday 6.30pm to 8.00pm Beginners to Improvers	

<b>Leicestershire Mixed Hockey Club</b>	<a href="http://www.lmha.co.uk">www.lmha.co.uk</a>
We run 3 mixed hockey teams in the Leicestershire Mixed Hockey League. We are always interested in new players, men & women. Our teams cover all abilities & ages, all are welcome.	
Monday (training) & Saturday (fixtures) Various Junior & Adults	

<b>Leicester Riders Basketball</b>	<a href="http://www.leicesterriders.co.uk">www.leicesterriders.co.uk</a>
Get a chance to play in a Leicestershire League, Boy and Girls, all abilities.	
Tuesday 5.00pm to 6.00pm 13 to 18 years	

<b>Ratby Juniors Cricket Club</b>	
We are a friendly, open and progressive club with a thriving Junior Section	
Thursdays 5.00pm to 7.00pm 8 to 13 years	

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<b>Schulz Coaching</b>	<a href="http://www.schulzcoaching.co.uk">www.schulzcoaching.co.uk</a>
Junior Football Club Coaching - Advanced Player Academy Centres - After School Clubs & PPA Coaching - 1-2-1 Coaching - School Holiday Camps	
Monday 5.30pm to 7.00pm Junior Club	Marc Schulz 07525 857402 marc@schulzcoaching.co.uk

<b>Playschemes</b>	<a href="http://www.educ8group.com/playfit/playschemes">www.educ8group.com/playfit/playschemes</a>
Multi-Sports Course with SportFit and Performing Arts Course with StepAhead Dance	
Available most school holidays 9.00am to 3.30pm 5 - 12 years	Kirsty Johnston 07817 641026 bookings@playfitkidsclubs.com

<b>Leicestershire Adult Learning</b>	<a href="http://www.leics.gov.uk/GoLearn">www.leics.gov.uk/GoLearn</a>
Enrolling this year couldn't be easier! If you are sure about the course you would like to join, you can do so from the comfort of your own home by calling our FREEphone number 0800 988 0308.	
Monday & Tuesday 7.00pm to 9.00pm	0800 988 0308 adultlearning@leics.gov.uk

<b>Kirby Muxloe Archery Club</b>	
Beginners' courses are regularly run throughout the year, we also run weekly coaching sessions to help our members improve. We hold World Record Status tournaments	
Tuesday & Friday Evenings & Saturday Morning	secretary@k-m-a-c.org

<b>Tae Kwon Do</b>	
Groby Tae Kwon-Do are a small and friendly family orientated Tae Kwon-Do club based in Groby and offer a range of family martial arts, children's martial arts and family Tae Kwon-Do classes to all people in Kirby Muxloe, Leicester Forest East, Ratby, Groby and the surrounding areas.	
Monday & Wednesday 6.00pm to 9.00pm	Sheryl Freer

<b>EAST WEST FREESTYLE MARTIAL ARTS</b>	
Our classes help with Confidence, Self Discipline, Weight Control, Fitness, Self Defence, Making Friends, De-Stressing and all our members have loads of fun.	
Tuesday 5.30pm to 8.00pm	Mr & Mrs Finlow