

CLASSES AT THE CENTRE

CommunityCentre
MilfordonSea

| Day | Time | Class/Group | Description | Space | Contact Details |
|-----------|---------|-----------------------------------|---|------------|---|
| Monday | 10.30am | Silver Swans | Ballet Class for the over 50s | Main Hall | Stephanie Constantine Smith forestsilverswans@hotmail.com 07949 183140 |
| Monday | 11.00am | Pilates with Jutta | An unbeatable body conditioning programme to develop strength, tone and body awareness | Studio | Jutta Walmsley jutta_walmsley@hotmail.co.uk 07973 307598 |
| Monday | 12.00pm | Silver Swans | Ballet Class for the over 50s | Main Hall | Stephanie Constantine Smith forestsilverswans@hotmail.com 07949 183140 |
| Monday | 2.00pm | Pilates with Jutta | An unbeatable body conditioning programme to develop strength, tone and body awareness | Main Hall | Jutta Walmsley jutta_walmsley@hotmail.co.uk 07973 307598 |
| Tuesday | 9.00am | Pilates with Denise | Pilates class led by a tutor with a speciality in back care | Main Hall | Denise Couston rd.couston@btinternet.com 07786 474075 |
| Tuesday | 10.00am | Sea Earth & Sky – T'ai Chi/Qigong | Moving your body to nourish, replenish and balance your body, mind and soul. Nothing is needed – no mat, no props, just come and be good to yourself. | Studio | Petra petra_ramsden@yahoo.co.uk |
| Tuesday | 10.30am | Brockenhurst College Pilates | Pilates class led by a tutor with a speciality in back care | Main Hall | Denise Couston deniseandruss@hotmail.co.uk 07786 474075 |
| Tuesday | 6.00pm | Sea Earth & Sky – YinYang Yoga | Breath-work & Meditation. Whatever your age or ability, just bring your smile, mat, props & come and be good to yourself. | Studio | Petra petra_ramsden@yahoo.co.uk |
| Wednesday | 9.30am | DRU Yoga Stretch | Flowing movements and sequences that aid mobility and physical/mental stress relief suitable for all ages and abilities | Main Hall | Alison 07709314222 carneliansoul@gmail.com |
| Wednesday | 10.00am | Sea Earth & Sky – T'ai Chi/Qigong | Moving your body to nourish, replenish and balance your body, mind and soul. Nothing is needed – no mat, no props, just come and be good to yourself. | Studio | Petra petra_ramsden@yahoo.co.uk |
| Wednesday | 7.00pm | Harmonica Classes | Separate classes for Beginners and Improvers on Wednesday evenings | Youth Room | Dennis Rigg dennisrigg@me.com 01590 645839 |
| Thursday | 9.15am | Yoga with Freda | An uplifting yoga class with a dynamic, flowing pace, which will leave you feeling physically stretched and mentally balanced | Studio | Freda Olliff freda_jan@hotmail.co.uk 07988 820010 |
| Thursday | 9.30am | Yoga with Dr Mo | A gentle yet active yoga practice with a clear focus on alignment and modifications to accommodate individual abilities | Main Hall | Mo Vontz yogawithdrmo@gmail.com |
| Friday | 10.30am | Fun on the Fiddle | Learn to play the violin in a friendly group environment - instruments supplied | Youth Room | Timothy Warren 07733 085290 |
| Friday | 4.30pm | NJ Dance New Forest | Dance Classes for Children aged 3 and over | Studio | Natasha Joy enjoydance@sky.com 07739 847124 |
| Saturday | 9.00am | NJ Dance New Forest | Dance Classes for Children aged 3 and over | Studio | Natasha Joy enjoydance@sky.com 07739 847124 |
| Saturday | 10.00am | ForTheLoveOf Art | Art classes for beginners and improvers, focusing on drawing skills and painting with watercolours. All equipment provided. | Youth Room | Rhiannon Williams info@forthe loveofartclasses.co.uk |
| Saturday | 11.30am | ForTheLoveOf Art | Art classes for youngsters age 12+. All equipment provided. | Youth Room | Rhiannon Williams info@forthe loveofartclasses.co.uk |