

## FITNESS, DANCING, YOGA & PILATES

The following organisations run regular weekly events at Allum Manor. Some operate in our Hall and some operate from rooms in the Manor House



### SHAPE UP

Shape Up is a 12-week weight management course funded by Public Health Herts. The course is male only and is aimed at men aged 18-60 years old with a BMI of 28 or over.

Each group is of around 15 guys who undertake 12 weekly sessions which consist of education around nutrition, lifestyle and behaviour change, followed by a 60-minute physical exercise session. Several groups have completed the 12-weekly session at Allum Manor. One group (made up from attendees from several of the groups) have continued to exercise after the 12-week course has finished.

The Allum Manor courses are held in the main hall. There are also other venues across Hertfordshire. See their website for details.

Telephone: Andrew Garlick  
01923 496391 or 07827  
806025

Website:  
[www.shapeupherts.com](http://www.shapeupherts.com)  
Email:  
[andrew.garlick@watfordfc.com](mailto:andrew.garlick@watfordfc.com)



### HATHA YOGA

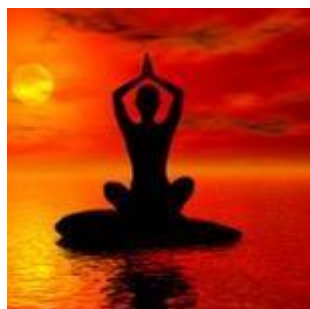
Hatha Yoga is on a Monday - 7.30 to 9pm

Come and join a lovely Hatha Yoga class, to relax, de-stress and calm the mind and the body, with postures and breathing.

Ros is a British Wheel of Yoga teacher for over 20 years and has practiced for over 40 years.

Please call Ros for more information

Telephone; 07956 828 999.



### HATHA YOGA

Hatha Yoga is run on Thursday mornings 9.45 to 11.45am by an experienced BWY qualified teacher. 90 minutes of breathing, asanas and relaxation. Hatha Yoga is designed to get the mind, body and breathing in harmony

Telephone: 07828 655098

Email:  
[kurji2006@yahoo.co.uk](mailto:kurji2006@yahoo.co.uk)



## THE ROBERTS DANCE SCHOOL

Dave and Pat Roberts provide a variety of Classes and Dancing at Allum Manor

- Social Dancing with tuition 8.30-10.30pm every Tuesday
- Tea Dance (with free raffle) 1.45-4.15pm every Thursday
- Beginners Ballroom class 8.30-9.30pm every Thursday
- Practice for all 8.30-10.30pm every Thursday.

In our large hall with mood lighting, free parking including refreshments

Telephone: 01923 221185

Website:

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

Email:

[dave\\_roberts52@hotmail.com](mailto:dave_roberts52@hotmail.com)



## SEQUENCE DANCING

Iris Hill runs a friendly, informal atmosphere with refreshments on Monday afternoons from 2pm. Tuition given. Singles are welcome.

Telephone: 01707 656057



## CLINICAL PILATES

Clinical Pilates Classes by Physio 23

Pilates

Is about

Learning

Alignment & Co-ordination by

Teaching Relaxation & Concentration Skills to

Enhance your body awareness

Stability & Stamina

Clinical Pilates is a modification of the traditional Pilates exercises, designed and taught by Chartered Physiotherapists to ensure the exercises are suitable and appropriate for the young & old; able & less-able; with or without injury. Classes are run as 6-week courses, for a duration of 50 minutes incorporating a warm up, mat-work exercises and stretches. Class numbers are kept low to ensure adequate supervision is available for all attending. For further information please contact Gill to discuss availability.

Mondays (beginners): 9.30am - 11.30am

Fridays (beginners) 9.30am - 10.30am

Fridays (advanced): 10.30am - 11.30am

Telephone: Gill 07940 728135  
or 01707 265696

Website:

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Email:

[gh@physio23.co.uk](mailto:gh@physio23.co.uk)