

# Groovelates

## Information Sheet

### What we will cover

Welcome to the world of “Groovelates”- the perfect blend of functional core work and funky, feel good vibes; where you’ll work your body top to toe whilst shaking your booty and grooving along to a feel-good, cheesy disco sound track from the 70s & 80’s.

Each session starts with standing, functional core and balance work with tracks to shape and tone those legs and butts. We then move down to the floor to work on those abs, butts and backs, topped off with relaxing stretches and releases.

It’s all easy to follow with the emphasis on having fun whilst working out.

There are options so you can work at your own level and build-up your fitness gradually. We will learn a routine over a number of weeks to allow you to fully gain the maximum benefit from your workout.

Low impact, this workout is safe and effective for all age groups.

### Session Times & Venue

8.10pm Tuesday

St Peter’s Church Hall, Burwood Road, Hersham

There is plenty of free parking along the main road outside the hall. There are toilets and baby change facilities on site.

Your instructor is called Jo.

### Payment Terms

All group sessions are booked by the course and need to be paid for in advance as places are limited. There are no refunds for non-attendance.

### Clothing and Equipment

We supply various pieces of small equipment during the sessions such as small balls, magic circles, bands and pads as necessary to aid comfort and alignment.

You will need to bring along your own mat.

If you don’t already have a mat I would recommend one that is at least 8mm thick and non-slip. The more padded the better for support of your spinal column! Tesco sells some lovely thick, padded ones which are ideal for back comfort and cost around £12.

For the standing section you are welcome to wear dance pumps or trainers (or barefoot) if you prefer!

### Booking

We use an online booking system which means once you’ve registered then it’s quick and easy to re-book subsequent courses.