



NB Our Community classes operate on a voluntary donation basis, if possible, based on trust

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HALL	<p>Kids Futsal with Chris Archer 5.30-6.30pm</p>	<p>VB Fitness Circuits, strength, cardio 9.00-10.00</p> <p>Styx Parent & Toddler Group 10.30 -12.00 Play, songs, stories Come along and drop in!</p> <p>VB Fitness Circuits, strength, cardio with Vic Bailey 7.00-8.00</p>	<p>Zumba With Nicki Harrison 10.30-11.30 Come and have fun! Styx Community Class</p> <p>Girls Wildcats Football Sponsored by the GFA 3.30-4.30 Ages 5-11 FREE!</p> <p>9th St. Peter's Beavers, Cubs & Scouts Ranging from 5.15-9pm</p>	<p>VB Fitness Circuits, strength, cardio 9.00-10.00</p> <p>Qi Gong With Rick Fletcher 10.15-11.15 Just turn up! Styx Community Class</p> <p>Guernsey Specials Gym 3.30-6.00pm</p> <p>VB Fitness 6.30-7.30</p>	<p>Homestart Dragonflies family Group for Under 5's 9.30 -11.30</p> <p>Kids Futsal with Chris Archer 5.30-6.30pm</p>	<p>VB Fitness HIIT class Vic Bailey 9.00-10.00</p> <p>Zumba With Nicki Harrison 10.30-11.30 Styx Community Class</p> <p>ENQUIRE ABOUT OUR PARTY PACKAGES AND EVENT /ROOM HIRE</p>	<p>Kids Futsal with Chris Archer 8.30-9.30am</p> <p>NEW! STYX MONTHLY INDOOR MARKETS Fabulous stallholders</p>
MAPLE	<p>Art On Prescription With Arts for Impact 10.00am-12.00pm With Helen Bonner-Morgan. Please register. Styx Community Class</p>	<p>Singing for Health With Sam Nicholls 10.30-12.00 <i>Come along!</i> Styx Community Class</p> <p>Keep Fit With Pam Marsh <i>Breaking for Feb/March</i></p>	<p>Art Workshop Drop-In with Arts For Impact 10.00-12.00 Styx Community Class</p> <p>Age Concern 2.00-4.00pm</p>	<p>Cyber Styx 10.00-11.30 Need IT assistance? Drop in with your device!</p>	<p>Homestart Dragonflies family Group for Under 5's 9.30 -11.30</p>	<p>Discos Movie nights Tipi Sleepovers Quizzes and social events</p> <p>NEW – SOCATOTS For pre-schoolers Various timings</p>	<p>1-4pm Sun 3rd February Sunday 3rd March COME!</p>
OAK	<p>NEW! TRX CLASSES Suspension Training With Dave Walley 06.45 : 9.15 : 14.15</p> <p>Mindfulness Basics 10.30-11.30 4 week course ~ 25th Feb Styx Community Class</p> <p>Fitblast Legs, Bums and Tums 6.00-7.00pm</p>	<p>Fitblast 50+ Gentle exercise with Ross Philippe 6.00-7.00pm</p>	<p>NEW! TRX CLASSES Suspension Training With Dave Walley 13.00 : 19.45</p> <p>Fitblast Fitbody Circuits With Ross Philippe 6.30-7.30pm</p>	<p>NEW! TRX CLASSES Suspension Training With Dave Walley 18.00</p> <p>* ALL CONTACT DETAILS ARE OVERLEAF *</p>	<p>NEW! TRX CLASSES Suspension Training 06.45 : 13.00</p> <p>Adjustment course led by <i>Consultant Clinical Psychologist, Adrian Datta</i> Community Class</p>	<p>Fitblast FitBody Circuit Training With Ross Phillippe 9.00-9.45am</p> <p>Fitblast 50+ gentle exercise 10.00-11.00am</p> <p>NEW! TRX CLASSES Suspension Training With Dave Walley 11.30</p>	<p>Yoga for Men Michael Wegerer 10.00-11.15am 24/02, 03/03 10/03</p> <p>24/03 31/03 07/04 Booking required</p> <p>1st, 2nd & 4th Sundays St. Peter's Church Youth Club</p>

CONTACT DETAILS:

Kids Futsal

Chris Archer

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Arts for Impact

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Qi Gong

Rick Fletcher

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Yoga for Men

Michael Wegerer

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Girls Wildcats Football

Joelle Pengeley

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Keep fit

Pam Marsh

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Adjustment Course

Adrian Datta

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TRX Classes

Dave Walley

07781 106251

9th St. Peter's

Beavers, Cubs & Scouts

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Age Concern

Alan Morton

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Socatots

Matt Rondell

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VB Fitness

Vic Bailey

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Guernsey Specials Gym

Contact Michelle

07781 406364

Fitblast / Powerbox

Ross Philippe

07781 402412

Mindfulness Basics

Chris Robilliard

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Or email chris@thestudio.gg

Homestart

Dragonflies 4

Caroline 720382

Home-start@guernsey.org.gg



ABOUT STYX CENTRE'S 'COMMUNITY' CLASSES & COURSES

The aim of Styx Centre's 'Community' classes and courses is for anyone to be able to attend and enjoy an activity that may help to improve their health and wellbeing, in a fun and relaxed way.

Money and/or lack of experience should not be a barrier but if you are able to pay, we do request a minimum voluntary donation of £5.00 per person for all current and upcoming 'Community' classes and courses.

Donations are used to help meet the costs of programming Community initiatives and meeting the running costs of Styx Centre. Details of all our activities are found overleaf.



GUERNSEY COMMUNITY
FOUNDATION
promoting effective philanthropy



Pargiter Trust
a society where older people enjoy a top quality of life



Guernsey
Arts
Commission

