

Burgess Hill Town Council

PRESS RELEASE

10 January 2022

Jump in January Fun

Burgess Hill residents danced, stretched, and spun their way into 2022 this Saturday. 5 free fitness classes were put on for the Town Council's Jump in January event, part of the Welcome Back Fund programme.

We had some brilliant local instructors teaching the classes. First up was Adult Ballet with Amira Kendall, who taught a beginner level class, demonstrating the basic ballet steps which was greatly enjoyed. Next was Kev's Winning Fitness, who taught gentle Tai Chi, and provided a relaxing, mindful experience. Some of his team demonstrated the higher levels for beginners to see. Aspire Sussex provided their 'Keep Fit' class, which was a mixture of pilates, yoga and stretching, followed by Liz Cullimore's 'Fitness Fusion', an invigorating combination of pilates, ballet barre, and dance with fun routines including the Charleston and the Jive. Finally, Swoove Fitness rounded off the day with their fantastic singalong exercise class.

All instructors provided details of their available classes for residents to explore more classes with them. We were also joined the Places Leisure Healthy Communities Team from the Triangle who were able to share details of their 12 week programme and information on classes at the leisure centre. A representative of the team said 'It was a fun day getting to meet local instructors and taking part in a range of new class ideas'.

One lady who attended took part in all of the classes, and told us 'It was lovely to try new things.'

For many, this was their first time trying the activities, so thank you to everyone who joined to try something new in 2022! We are also grateful to all of the instructors who made the event possible.

We will continue with our next Welcome Back Fund event, Fun in February. Come along to the Town Centre on Saturday 12 February for Ice Skating, Live Music, and a Valentines Photo Booth. We will also have a Love Heart Trail running from 5 – 12 February. There will be pub quiz style questions to answer in Town Centre Businesses, for the chance to win a Valentines Hamper from the Help Point.



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