

## Class Descriptions

### Viv's Pilates

Classical Pilates is an exercise method designed to strengthen mind and body by working them in tandem, creating a strong core and lean muscle.

### Matt's Circuits

Using a combination of bodyweight exercises, resistance training and high-intensity-intervals, circuit training is an excellent calorie burner, great for fat loss and the perfect way to get a lot of training done in a short period of time.

### Yoga with Klaudia (Monday)

60 minutes of mindful movement linked with your breath. During this time we will work on strength and flexibility playing with Hatha and flow styles. Open to all levels with alternatives offered throughout.

### Wendy's Pilates

Pilates helps improve posture whilst strengthening the core and lengthening muscles. Pilates increases flexibility the more you practise it. No previous experience necessary. All abilities welcome.

### Yoga (Vinyasa) with Joanne

This is an accessible yet challenging class, intelligently sequenced to build your Yoga practice. Pranayama (breath-work) asana (yoga postures and movement) and meditation or relaxation are included in every class to draw together your mind, body, and spirit. All are welcome and you are encouraged to work from where you are, with what you have and to do what you can, gradually building flexibility, strength, balance, and focus. Classes may be themed around a particular physical goal or draw on Yogic philosophy and will help to bring a sense of calm and ease of movement into your life.

### Faye's Kettlebells

This is a fast-paced cardio HIIT type class, but with a variation of weights available depending on your strength levels. It involves periods of upper and lower body exercises but also cardiovascular and core sections to really leave you feeling like you have had a full body, fat burning workout.

### Nalini's Yoga

Gentle Hatha Yoga, Relaxation and Meditation. Yoga to stretch, release and relax. Ease into your evening with Nalini guiding you into postures that ease your muscles and your mind!

### Faye's Ab Attack

A combination of core exercises designed to strengthen and stabilise the trunk area. This workout specifically focuses on working your abdominal and oblique muscles.

### Faye's Band Toning

A full body workout designed to strengthen and tone your wobbly bits! Focusing on your upper arms, thighs, and bottom. The bands vary in resistance allowing you to work to your own ability.

### Power Yoga with Klaudia

Energetic class with powerful holds and fun transitions centred around breath and mindful movement. Practiced regularly will improve your posture and tone your muscles with integrity.

### Matt's Cardio Fitness

This, mostly bodyweight class, will challenge your cardiovascular system whilst helping improve muscular strength and tone whilst burning away fat. Classes are designed to work the whole body, including the core.

### Rachel's Circuits

In this class you will be targeting several muscle groups in order to build strength, muscular endurance and burn fat. The class will include body weight exercises and free weight exercises. A great full body workout!

### Erika's Pilates

Mix of classical and contemporary Pilates exercises. Focusing on strength and length of the muscles resulting in better posture and free movement. Pilates exercises require precision and focus and are therefore a great stress reliever as all focus in the class is on precision of the movement. Suitable for all levels with options given to progress or regress exercises.

### Jed's strength and tone

Jed's Strength and tone class involves a variety of exercises using body weight and weighted exercises designed to help shape and strengthen the whole body.

### Gemma's FitSteps

FitSteps in an energetic up beat dance fitness class featuring all of your favourite strictly dances. It is suitable for all ages and abilities and you do not need a partner. For your information FitSteps teaches; jive, cha cha, quickstep, waltz, American smooth, Viennese waltz, samba, rumba, Paso doble, tango and salsa.

### Fayes HIIT

High intensity interval training combined short periods of intense anaerobic exercise with less intense recover periods. This will be a full body fat burning workout to leave you feeling like you've had a great workout.