

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18:10 Yoga (Miranda)- Studio & Live Stream 18:10 Boot Camp (Charlie) - Sports Hall 19:20 Chi Chi Fit (Nicky)- Sports Hall & Live Stream	09:45 Yoga (Miranda) Studio & Live Stream 11:00 Pilates (Michaela) Studio & Live Stream 12:30 Indoor Cycling (Tim) Studio 18:10 Body Blast (Vikki) Sports Hall & Live Stream 19:15 Fitness Pilates (Vikki) - Sports Hall & Live Stream 19:30 Yoga (Miranda) Studio	06:45 Boot Camp (Pete) - Sports Hall 12:30 Yoga (Sian) Studio & Live Stream 18:15 Indoor Cycling (Sarah) Studio 19:15 Lean & Mean & Tone (Sarah) -Sports Hall & Live Stream 20:15 Core Posture & Flex (Sarah) - Sports Hall & Live Stream	09:45 Yoga (Miranda) Studio & Live Stream 12:15 Pilates (Michaela) Studio & Live Stream 20:15 Indoor Cycling (Lily) Studio	09:30 Body Blast (Vikki)- Sports Hall & Live Stream 11:30 Yoga (Laura) Studio & Live Stream 18:10 Boot Camp (Pete) - Sports Hall

### MEMBERS

Free of Charge (there is a non attendance fee of £6.00 and a late cancellation fee if less than 3 hour notice is given of £6.00)

### NON MEMBERS

£6.00 (payment required at time of booking and non transferable)

**BODY BLAST:** is a focused conditioning class designed to work out the entire body using simple, effective exercises.

**BOOT CAMP:** A high intensity, high calorie burning circuit class that conditions the body with resistance and aerobic training. With the use of various equipment / training techniques this class will

define/strengthen your body and mind.

**FITNESS PILATES:** focusing on core strength, the class will also incorporate mobility, flexibility and balance exercises

**KUM NYE YOGA:** is a subtle system of sensitive physical exercise techniques. It is mindfulness of body, feelings, breath, senses & mind: this is achieved through postures, movement, breathing techniques, self massage stillness and meditation. Please wear layered clothing and bring along with you a cushion & a blanket.

**LEAN & MEAN:** 30 minutes fat burning circuit. This is a high intensity quick moving workout with structured rest intervals, designed to double your calorie burn for the following 24 hours.

**PILATES:** mat based, improves posture, mobility, flexibility, strength and muscle tone in core, buttocks, thighs, arms, shoulders & back.

**GROUP INDOOR CYCLING :** all fitness levels can work together in this motivating calorie burning class. Helps to improve stamina and aerobic capacity.

**TONE & FLEX:** 20 minutes strength and tone focusing on hips, thighs and upper arms; 20 minute of core and abdominal work; 20 minutes stretching to lengthen and improve posture and flexibility. Feel taller, lighter and tighter in three focused steps.

**YOGA:** a class to improve your suppleness and flexibility. A great way to reduce stress and keep fit.