

### Class Timetable from 31 October 2024

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Cost to Members	Cost to Non-Members
Claire's Cardio & Condition Circuit			09.00 – 9.30				FREE	£10
Boot Camp (Ruby)					08.30 – 09.00		FREE	£10
Claire's Stretch, Strength & Stability Class	09.30 – 10.30						£12	£15
Pelvic Floor Rehab (Isabelle)				09.30 – 10.30			£12	£15
Pilates		10.30 – 11.30 (Kay)		10.30 – 11.30 (Isabelle)			£12	£15
Somatics (Isabelle)					09.30 - 10.30		£12	£15
Yoga			17.45 – 18.45 (Kay)		10.30 – 11.30 (Isabelle)		£12	£15
Kids Yoga (4-11 yrs) (Laure)			15.45 - 16.30				£10	£12.50
Ruby's Core Class	18:30- 19:00						FREE	£10

#### **CLASS DESCRIPTIONS -**

**Fundamental Strength** - Bridging the gap between doing nothing and entering a gym environment, this class is designed to build strength in participants with the use of just bodyweight. Coaching the basic strength training patterns in all planes of movement, participants will then be able to progress to holding weights with each exercise once they feel sufficiently competent.

**Pilates** - A total body class which uses the principles of Classical Pilates with a modern take to mobilise joints, build core strength and increase flexibility.

**Pelvic Floor Rehabilitation** - A much ignored topic in the fitness industry but one critical to overall wellbeing, especially in peri-menopausal/menopausal women. Participants will be coached in the mechanics of a well functioning pelvic floor which include breathing mechanics, ribcage, hip and ankle mobility.

**Yoga** - Yoga is an ongoing progressive practice that offers many benefits from strength and fitness to flexibility and a balanced mind. It allows participants to discover fluidity in movement whilst creating a strong breath practice and a calm head space.

**Somatics** - An invitation to slow down, rest and recharge your batteries. Breathwork in class is followed by slow, gentle movement to recreate space and balance.

**Kids Yoga** - Classes introduce a range of breathing techniques adapted for kids. A weekly theme teaches yoga through storytelling and poses are taught through games.

Sessions end with a cool down and relaxation time.

**Ruby's Core Class** – The new core class will include a range of floor and standing core exercises to increase strength and Improve posture, balance and coordination.

**Boot Camp** – Boot camp is a fun and upbeat circuit full of all types of upper and lower body exercises using all sorts of equipment's such as free weights and the TRX , Boot camp also includes a section of cardio between each station to keep the heart rate up during the session.