

Class Timetable from 27 January 2025

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Cost to Members	Cost to Non Members
Ruby's Cardio & Condition Circuit				08:30 – 09:00			FREE	£10
Boot Camp (Ruby)					08.30 – 09.00		FREE	£10
Claire's Stretch, Strength & Stability Class	09.30 – 10.30						£12	£15
Breath, Core, Pelvic Floor (Isabelle)				09.30 – 10.30			£12	£15
Pilates		10.30 – 11.30 (Kay)					£12	£15
Somatics (Isabelle)					09.30 - 10.30		£12	£15
Yoga			17.45 – 18.45 (Kay)				£12	£15

Kids Yoga 4-11 years (Laure)			15.45 - 16.30				£10	£12.50
Ruby's Core Class	18:30- 19:00						FREE	£10

CLASS DESCRIPTIONS

Ruby's Cardio – This class includes multiple on the spot cardio exercises to take a cardio session and make it fun and entertaining whilst still getting the workout you want

Claire's Stretch, Strength & Stability Class – The three elements that are key to keeping you fit and happy though life, suitable for all fitness levels and abilities

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

Breath, Core, Pelvic Floor - 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. Brilliant to improve sexual function, incontinence issues, digestion, back issues and more... Open to men and women

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 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