

## Class timetable 1<sup>st</sup> of may

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stretch, Strength &amp; Stability Class</b> Claire 09:30 – 10:30	<b>Resistance class</b> <b>Ruby</b> 09:00 – 09:30	<b>Kids yoga</b> Laure 15:45 – 16:30	<b>Cardio Class</b> Ruby 08:30 – 09:00	<b>Boot Camp</b> Ruby 08:30 – 09:00
<b>Core Class</b> Ruby 18:30 – 19:00	<b>Pilates</b> Kay 10:30 – 11:30	<b>Yoga</b> Kay 17:45 – 18:45	<b>Breath, Core, Pelvic Floor</b> Isabelle 09:30 – 10:30	<b>Somatics</b> Isabelle 09.30 - 10.30

<b>Evening Pilates</b> Kay 19:15 – 20:00
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	Claire's Class	Ruby's Classes	Kay's Classes	Laure's Class	Isabelle's Classes
Members Price	£12	Free	£12	£10	£12
Non-members price	£15	£10	£15	£12.50	£15

## CLASS DESCRIPTIONS

**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.

**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.

**Evening Pilates** – Come and join us for evening Pilates every Monday. Our aim is to undo the damage of the day. We lengthen muscles, mobilise joints and work on strengthening the whole body to leave us fighting fit and ready for the week ahead.

**Resistance Class** – Expect a well-rounded workout that includes exercises to activate an strengthen the muscles of the chest, back, arms, legs and especially the abdominal and lower back muscles, crucial for a strong and stable core.

**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.

**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.

**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.

**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.

**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.

**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.

**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.