

## ARE YOU READY TO EXERCISE?

### TO HELP US TO IMPROVE YOUR FITNESS WE MUST BE SURE YOU ARE READY TO EXERCISE.

- If you have not exercised recently or have answered yes to any of the questions below please inform your instructor prior to the session or speak to your doctor for advice.
- Do you have a heart condition?
- Are you pregnant or have given birth in the last 6 weeks?
- Do you have a bone or joint problem which could affect an exercise program?
- DO you have high blood pressure?
- Are you taking any medication which could affect an exercise programme?
- Are you Epileptic or Diabetic?
- Has your Doctor advised you at any point not to undertake an exercise programme?
- Do you have a medical condition not listed above which could affect an exercise programme?

#### Aerobics

The popularity of traditional fitness classes has never been higher. Classes involve a range of high and low impact moves to help improve cardiovascular fitness by following fun and simple routines, including a floorwork section. All levels of fitness have been catered for, from beginners to advanced,

#### Aquatone

All the thrills of exercising to music in the water. A water aerobics class, suitable for non swimmers. This class offers natural support and buoyancy of a water-based environment, suitable for all ages (over 14) and abilities.

#### Ashtanga (Power) Yoga

Get to know yourself by experiencing synchronised movement with breath in this dynamic free flowing form of yoga. Improve your flexibility, co-ordination, strength, stamina, concentration and vitality.

#### Body Jam

Want to Salsa, Merengue, Dance or even try some Broadway Routines but think you can't? Think again! Body Jam gives you the moves and grooves to make you dance like the best...

#### Body attack

Is simply the ultimate cardiovascular challenge, encouraging you to reach the limits of your endurance.

#### Body balance

Improves joint mobility, flexibility and your body's range of movement. Please wear comfortable clothing. Shoes and socks must be removed prior to your class.

#### Body Combat

The complete all-body workout, the combination of arm and leg movements will help tone your arms and legs whilst burning vast amounts of calories. Body Combat combines powerhouse moves and stances from a range of self-defence disciplines.

#### Body Pump

Body Pump is a 60 minute non impact class designed to give your body a complete workout using barbells and weights to motivating music. The class enables people of all levels of strength and fitness to take part.

#### Boxercise

Punch away stress. K.O frustrations. The ultimate fitness workout. Suitable for men and women of all fitness abilities.

#### Bums & Tums

A great low impact, high intensity body toning workout concentrating on specific body areas – below the belt.

#### Circuit Training

A class which allows you to work at your own pace, combining aerobics, strength training and body shaping in just one efficient workout. Suitable for all levels of fitness.

#### Hatha Yoga

This style of Yoga is a combination of yoga postures pranayama (breath control) and deep relaxation. Yoga develops strength, flexibility, concentration and body awareness.

#### Boxfit

Boxing training with bag work, pad work, skipping and technique training.

#### Step

The very popular Step format combined with exciting choreography make these classes a dynamic option. This class is great for co-ordination and cardiovascular fitness.

#### Studio Cycling

Superb aerobics and fat burning workout. A fantastic way to burn calories. Non-impact ensures suitability for young and old alike.

#### Zumba

Latin-Inspired dance fitness class with easy to follow moves.

#### Pilates

Pilates is a combination of core stability, relaxation, breathing, controlled movements, postural alignment and co-ordination.

#### Vinyasa Yoga

This is a dynamic form of yoga. Postures are linked by controlled breathing. You will improve your flexibility, strength and co-ordination with free flowing workout.

## PRICES

All Classes .....	£5.10
Except for;	
Abs Blast.....	£2.55
Daytime Aquatone.....	£4.40
Seniors Keep Fit.....	£3.25
Yoga (60).....	£5.10
Yoga (75).....	£5.80
Yoga (90).....	£6.30
Studio Cycling (45).....	£4.40
Studio Cycling (60).....	£5.10

Memberships Available from.....£23.00

***Tickets available from 5.00pm onwards for weekday classes.***

***All major credit cards accepted; Visa, Mastercard, Solo etc.***

**THANK YOU FOR READING THIS INFORMATION, HAPPY EXERCISING.**