

Class TimeTable

Starting October 5th

Monday	17:30 – 18:30 17:30 – 18:30	Hatha Yoga (Davies) Aerobics (Monte)
Tuesday	17:30 – 18:30 17:30 – 18:30 18:30 – 19:30	Zumba (Monte) Scaravelli Yoga (Davies) Boxercise (Monte)
Wednesday	17:30 – 18:30 18:30 – 19:30	Aerobics (Monte) Circuits (Monte)
Thursday	12:30 – 13:30 17:30 – 18:30	Deep Stretch (Lulham) Pilates (Jebb)

Class Descriptions:

BOXERCISE A fast, fun dynamic exercise class that will have you working hard and having fun to maximise your benefits following the methods employed in boxing.

DEEP STRETCH This class style will focus on a relaxing and revitalising slow, passive practice that stretches and stimulates the connective tissue rather than the muscles, so enabling deep opening, particularly in the hips and spine.

HATHA YOGA This class concentrates on physical health and mental well-being using bodily postures, breathing techniques, and meditation with the goal of bringing about a sound, healthy body and a clear, peaceful mind.

PILATES This class consists of various exercises to improve core control, coordination, standing alignment and balance.

SCARAVELLI YOGA This class emphasizes a system of full, yogic breathing, incorporating various stretches to maintain posture and support balance.

ZUMBA This class incorporates aerobics and Latin dance routines to provide a fun cardiovascular workout

**All classes are Free for RoeActive Fitness Centre members
and £2.50 to non members**