

## YOGA FOR ALL

A breath-centered yoga class suitable for all levels encouraging self-awareness and exploration through a range of postures, simple pranayama (breath work) and relaxation techniques with some relevant philosophy woven in to give a focus for our practice. Suitable for all abilities.

## YOGA FLOW

A dynamic class designed to increase focus and enhance relaxation by holding focus on the breath. Suitable for all abilities.

## DYNAMIC YOGA FLOW

This class focuses on waking up the whole body from head to toe. With hamstring combined core warm ups, through to yoga salutations, standing poses for strength and opening the hips through twists, to kick start your morning. Suitable for all abilities.

## YIN YOGA

Yin is a slow pace style of yoga in which we remain still during postures, for a longer length of time than yang practices. Yin targets the deeper layers of connective tissue and fascia, increasing circulation, improving flexibility and encouraging introspection and self-care. Yin is a practice of stillness and patience, an opportunity to observe, nurture and cultivate balance in our minds and bodies. Please bring a blanket or towel if you wish to use the bolster cushions.

## YOGALATES BALANCE

A balance of Yoga and Pilates to increase your flexibility, strength, core, and balance, delivered through smooth sequences and controlled breathing. Options will be given so you can work to your preferred intensity. This class is designed to leave you stretched, strong and centered.

## PILATES

Developed by Joseph Pilates. Interconnected movements with a breathing pattern, integrating mind & body, enhancing energy and relaxation by working through all movement planes.

## FITNESS PILATES

Attacks the routes of bad posture by toning little used muscle groups in the abdomen, torso, upper & lower back, while incorporating a slow breathing technique to energise the body.

## MY KIND OF YOGA

This class is a straightforward no fluff approach to yoga, it has a different theme each month and starts with a warm up, then some sun salutations, some standing strength poses and then a relaxation/meditation to finish. Suitable for all levels.

## JOINT RESTORATION

This class will focus on getting the joints in the body back to full health, restoring natural movement and reducing pain. We will do this by safely moving the joints how they were designed to move whilst strengthening the surrounding tissues. Suitable for all levels.

## HATHA YOGA

This is a class that is ideal for beginners as well as more experienced practitioners. It has a slow pace, with a focus on controlled breathing (pranayama), movement (asana) and meditation (dhyana), with the aim of achieving balance in mind, body and spirit. Led by Jane, a yoga therapist, the class will be adapted for those with health conditions.

## AQUA FIT

For all of you missing moving in the water. Subtle strength exercises and social connection for our young at heart members.

## SPIN

This class builds endurance, speed, and cardiovascular fitness. It is all about the feeling- no stats involved, this class is focused on enjoying movement & having fun.

## ZUMBA

Dance based, fun class for everyone. Infectious music makes the time fly. Turns frowns upside down. This class is for everybody who wants a fun workout.

## FITSTEP

This is a uplifting class delivered through simple dance and toning moves, using many well known pop classics. It is suitable for people of all levels.

## DANCE FITNESS

Dance yourself fit in this fusion of aerobics and dance. Strut your stuff to upbeat tracks, ditch the calories & if in doubt, style it out!

## FUNCTIONAL FITNESS

A class to challenge and improve all aspects of your fitness. Especially good for knees, ankles, hips and backs. Moderate intensity but can be altered to suit you.

## TOTAL BODY WORKOUT

A fun low impact fitness class using different equipment. Suitable for all.

## FULL FITNESS WORKOUT

This is a fun full workout for the whole body designed to challenge you and change your shape, it includes work with dumbbells targeting specific areas such as abs and legs, this will improve your cardiovascular function, burn calories and build muscle tone.

## SUPPLE STRENGTH

A fun workout to keep you strong & flexible.

## ABS BLAST

A challenging Abs Blast to thoroughly work through all the different muscles in your core!

## CIRCUITS

This is a series of different exercises done at timed intervals around the studio run by the Gym Team. It is a great workout for the whole body and suitable for all levels.

## HIIT

HIIT is a type of interval training exercise. It incorporates several rounds that alternate between minutes of high intensity movements and short rests in between to significantly increase the heart rate. A complete workout that combines both aerobic and strength (resistance) training.

## MOBILITY, TONE & STRETCH

This class has a focus on having fun whilst getting fit. Uplifting tunes to get you moving, working on joint mobility and range of motion. We do some work with dumbbells focussing on the main muscle groups and some standing abdominal work. You need to wear trainers for this class and it is suitable for all levels.

## STUDIO & ONLINE CLASSES TIMETABLE FOR MARCH 2023

# COMBE GROVE

## LES MILLS SH'BAM

### SH'BAM - A FUN LOVING DANCE WORKOUT

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

## LES MILLS BODYATTACK

### BODY ATTACK - GET FIT, STAY FIT, GET FITTER

We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories and leaving you with a sense of achievement.

## LES MILLS BODYBALANCE

### BODY BALANCE - CALM AND CENTRED, LONG AND STRONG

Ideal for anyone and everyone, BODYBALANCE™ is the yoga-based class that will improve your mind, your body and your life. During BODYBALANCE™ an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

## LES MILLS BODYPUMP

### BODY PUMP - GET LEAN, TONE MUSCLES, GET FIT

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.



#### MONDAY

**ONLINE 09.15 -10.00**  
**FITSTEPS**  
Mirella

**STUDIO 09.30-10.15**  
**DANCE FITNESS**  
Siobhain

**STUDIO 10.30- 11.30**  
**BODY BALANCE**  
Jules

**INDOOR POOL 11.00 -12.00**  
**AQUA FIT**  
Nikki

**STUDIO 17.45 -18.45**  
**BODY PUMP**  
Barry

**STUDIO 18.55 -19.45**  
**STEP**  
Barry

#### TUESDAY

**ONLINE 07.45-08.30**  
**FULL FITNESS WORKOUT**  
Jules

**ONLINE 08.35 -09.20**  
**BODY BALANCE**  
Jules

**STUDIO 09.45 -11.15**  
**YOGA FOR ALL**  
Angela

**STUDIO 11.20-12.05**  
**ZUMBA/FITSTEPS**  
Mirella

**STUDIO 12.30 -13.30**  
**PILATES** Level 2\*  
Storme

**STUDIO 18.00-18.55**  
**BODY ATTACK**  
Chris

**STUDIO 19.00 -19.55**  
**BODY BALANCE**  
Nikki

#### WEDNESDAY

**STUDIO & ONLINE 07.45-08.30**  
**FUNCTIONAL FITNESS**  
James

**STUDIO 09.30 - 10.15**  
**MOBILITY, TONE & STRETCH**  
Jules

**STUDIO 10.30-11.30**  
**BODY PUMP**  
Jules

**INDOOR POOL 1200 -13.00**  
**AQUA FIT**  
Jules

**STUDIO 11.45 -12.45**  
**GENTLE FLOW YOGA**  
Mirella

**STUDIO 13.00 -14.00**  
**YOGA FLOW**  
Mirella

**STUDIO 17.00 -18.00**  
**FITNESS PILATES**  
Brenda

**STUDIO 18.00 -18.45**  
**SH'BAM**  
Chris

**STUDIO 19.00 -19.45**  
**BARBELL WEIGHTS**  
Chris

AEROBIC FITNESS  
& CALORIE BURNING

CONDITION &  
TONE MUSCLES

DANCE BASED  
CLASSES

RELAX STRENGTHEN  
& RE-ENERGISE

#### THURSDAY

**STUDIO & ONLINE 08.30-09.15**  
**SUPPLE STRENGTH**  
Nikki

**STUDIO & ONLINE 09.20-10.20**  
**BODY BALANCE**  
Nikki

**STUDIO/OUTSIDE 10.30-11.15**  
**ZUMBA**  
Juliet

**STUDIO 11.45-12.20**  
**CIRCUITS**  
Gym Team

**STUDIO 12.30-13.30**  
**PILATES** Level 1\*  
Storme

**STUDIO 17.45 -17.55**  
**BODY PUMP TECHNIQUE**  
Barry

**STUDIO 18.00 -19.00**  
**BODY PUMP**  
Barry

#### FRIDAY

**STUDIO 06.45-07.30**  
**BODY PUMP**  
Maika

**STUDIO & ONLINE 08.00 - 08.45**  
**FUNCTIONAL FITNESS**  
James

**STUDIO 09.35-10.35**  
**DYNAMIC FLOW**  
Annie

**STUDIO 10.45-11.45**  
**BODY PUMP**  
Maika

**INDOOR POOL 11.00-12.00**  
**AQUA FIT**  
Nikki

**STUDIO 12.00-12.45**  
**JOINT RESTORATION**  
Euan

**ONLINE 16.30-17.30**  
**YIN YOGA**  
Jane

**ONLINE 18.00 -19.00**  
**BODY BALANCE**  
Nikki

**STUDIO 18.00-18.30**  
**HIIT**  
Barry

**STUDIO 18.35-18.50**  
**ABS BLAST**  
Gym Team

#### SATURDAY

**STUDIO 09.00-10.00**  
**BODY ATTACK**  
Charley

**STUDIO 10.15-11.15**  
**BODY PUMP**  
Charley

**STUDIO 11.30-12.30**  
**FITNESS PILATES**  
Brenda

**STUDIO 16.30 -17.30**  
**TOTAL BODY WORKOUT**  
Jackie

**STUDIO 17.45-18.45**  
**BOXERCISE**  
Barry

#### SUNDAY

**STUDIO 09.30-10.30**  
**CIRCUITS**  
Gym Team

**STUDIO 10.45-11.45**  
**YOGALATES BALANCE**  
Mirella

\* Level 1 - Full spectrum Pilates class with a slower pace, suitable for all levels.

\* Level 2 - Full spectrum Pilates class with a faster pace.

AEROBIC FITNESS  
& CALORIE BURNING

CONDITION &  
TONE MUSCLES

DANCE BASED  
CLASSES

**MONDAY**

**STUDIO 17.00 -17.45**  
**SPIN**  
Brian

**TUESDAY**

**STUDIO 07.45-08.30**  
**SPIN**  
Barry

**STUDIO 17.00-17.45**  
**SPIN**  
Brian

**STUDIO 18.00-18.45**  
**SPIN**  
Brian

**WEDNESDAY**

**STUDIO 08.35-09.20**  
**SPIN**  
James

**STUDIO 18.30-19.15**  
**SPIN**  
James

**THURSDAY**

**STUDIO 07.45-8.30**  
**SPIN**  
James

**STUDIO 17.00-17.45**  
**SPIN**  
Brian

**STUDIO 18.00-18.45**  
**SPIN**  
Brian

**FRIDAY**

**STUDIO 08.45-09.30**  
**SPIN**  
James

**SATURDAY**

**STUDIO 08.00-08.45**  
**SPIN**  
Brian

**SUNDAY**

**MONDAY**

OAK ROOM 17.00- 18.00  
YIN YOGA  
Jane

**TUESDAY**

OAK ROOM 16.30 -17.30  
YOGA FLOW  
Mirella

**WEDNESDAY**

OAK ROOM 18.15- 19.15  
HATHA YOGA  
Jane

**THURSDAY**

OAK ROOM 18.00- 19.00  
MY KIND OF YOGA  
Jules

**FRIDAY**

**SATURDAY**

OAK ROOM 16.45-17.45  
YOGA FLOW  
Carrie

**SUNDAY**

OAK ROOM 17.00-18.30  
YOGA FLOW  
Rotation Yoga Instructors