

## 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 stamina, strength, balance, flexibility, enhance focus and relaxation by holding both challenging and relaxing poses with 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. As this class is currently online, you will need to have next to you, a couple of cushions, yoga block if you have one (or big hardback book) and a blanket.

## 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.

## YOUNG AT HEART

A low impact class designed to get you moving and importantly have fun whilst working out.

## AQUA FIT

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

## HIIT YOGA

30mins of High-Intensity Interval Training followed by 30mins of Yoga Flow. You start with body weight exercises designed for all levels wanting to develop their fitness. Bursts of intense exercises carefully blended together to help unlock the fat-burning, metabolism-boosting, heart-pounding benefits of HIIT. Followed by a flowing yoga practice carefully weaved together and designed to be synchronised to your breath to leave you feeling balanced, stretched, relaxed and energised.

## 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.

## 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.

## ESSETRICS

Essentrics is a unique new fitness approach that strengthens and lengthens all 650 of your muscles in a single work-out, transforming not just the look but the actual health and function of your body. Essentrics sessions offer 60 minutes of dynamic, therapeutic movement done to music that leaves you toned and lean, with reduced problems in knees, hips and spine and a boost to energy, mobility and confidence in your body every day.

## 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.

## ABBLAST

A 30 minute workout for that all important area – core and abdominals

## ONLINE CLASSES TIMETABLE FROM MONDAY 4TH JANUARY 2021

# 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.



# COMBE GROVE ONLINE CLASS TIMETABLE

4TH JANUARY 2021 ONLINE CLASSES FROM THE INSTRUCTORS HOME ONLY.

## MONDAY

**ONLINE 09.15-10.00**  
**FITSTEP**  
Mirella

**ONLINE 10.15-11.15**  
**BODY BALANCE**  
Jules

**ONLINE 11.30-12.30**  
**AQUA FIT**  
Nikki

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

**ONLINE 17.45-18.45**  
**BODY ATTACK**  
Rita

## TUESDAY

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

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

**ONLINE 09.30-10.30**  
**YOGA**  
Angela

**ONLINE 11.00-12.00**  
**ZUMBA**  
Juliet

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

**ONLINE 16.30-17.30**  
**YOGA FLOW**  
Mirella

**ONLINE 18.30-19.30**  
**BODY BALANCE**  
Nikki

## WEDNESDAY

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

**ONLINE 09.15-10.15**  
**HIIT YOGA**  
Christian

**ONLINE 10.30-11.30**  
**BODY PUMP**  
Jules

**ONLINE 11.45-12.45**  
**GENTLE FLOW**  
Mirella

**ONLINE 14.30-15.15**  
**YOUNG AT HEART**  
Jules

**ONLINE 17.00-18.00**  
**FITNESS PILATES**  
Brenda

**ONLINE 18.15-19.15**  
**BODY PUMP**  
Grace

### ONLINE CLASS ESSENTIALS

Once you have registered for your weekly access to our timetable, you need to use the SAME LINK FOR EVERY CLASS DURING THAT WEEK which will be automatically sent to you after registering.

### GENERAL REQUIREMENTS

Reliable internet connection. Computer/laptop/tablet or a smartphone (a bigger screen helps), making sure your webcam and microphone are enabled and you can see the screen whilst exercising. Water, a mat and comfortable space to move around, some classes may require a towel, shawl/blanket.

NB. All online classes on this page will be taught by instructors from their homes

AEROBIC FITNESS  
& CALORIE BURNING

CONDITION &  
TONE MUSCLES

DANCE BASED  
CLASSES

RELAX STRENGTHEN  
& RE-ENERGISE

## THURSDAY

**ONLINE 08.00-08.45**  
**SUPPLE STRENGTH**  
Nikki

**ONLINE 09.00-10.00**  
**BODY BALANCE**  
Nikki

**ONLINE 11.00-12.00**  
**ZUMBA**  
Juliet

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

**ONLINE 17.00-18.00**  
**ESSENTRICS**  
Catherine

**ONLINE 18.15-19.15**  
**SH'BAM**  
James

## FRIDAY

**ONLINE 07.30-08.15**  
**FUNCTIONAL FITNESS**  
James

**ONLINE 08.30-09.15**  
**BARRE FITNESS**  
Mel

**ONLINE 09.30-10.30**  
**DYNAMIC YOGA**  
Annie

**ONLINE 11.00-12.00**  
**AQUA FIT**  
Nikki

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

**ONLINE 18.15-19.15**  
**BODY BALANCE**  
Nikki

## SATURDAY

**ONLINE 09.00-10.00**  
**BODY ATTACK**  
Charley

**ONLINE 10.15-11.15**  
**BODY PUMP**  
Charley

**ONLINE 11.30-12.30**  
**FITNESS PILATES**  
Brenda

**ONLINE 17.00-18.00**  
**YOGA FLOW**  
Carrie

## SUNDAY

**ONLINE 09.30-10.30**  
**CONDITIONING**  
Jules

**ONLINE 10.45-11.45**  
**YOGALATES BALANCE**  
Mirella

**ONLINE 17.00-18.00**  
**YOGA FLOW**  
Jules, Laura, Annie, Jane, Carrie

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

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