

## 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.

## DISCO FIT FUSION

There is no such thing as a wrong move in this easy-to-follow fusion of old school aerobics and dance. BUST MOVES, CONDITION and STRETCH to a playlist of pop and rock classics in this fun, feel-good dance-based workout.

## FREESTYLE DANCE FITNESS

Dance yourself fit, strut your stuff to a wide variety of banging tracks, and, if in doubt, style it out in this fierce, high energy, dance-based cardio workout, guaranteed to get your heart pumping and put a smile on your face!

## 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.

## ROBUST & RESILIENT

In this class, you will learn the most effective techniques to build a strong and mobile foundation. Liam will guide you in revitalising the body's core muscles and joints, helping you achieve optimal strength and mobility. Take advantage of this opportunity to take your fitness to the next level!

## 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. *Please note that in the summer and fair weather this class will be held outside on court No 1 next to the tennis court. Please wear sunscreen and bring a hat if needed.*



WWW.COMBEGROVE.COM

## STUDIO & ONLINE CLASSES TIMETABLE FOR JANUARY 2025

# COMBE GROVE

## LES MILLS DANCE

### DANCE - INNOVATIVE DANCE WORKOUT

Les Mills Dance is a 45-minute high-energy workout that will challenge and move your members. Each class includes 10 stand-alone tracks, each introducing new choreography. The workout is anchored in 3 cardio peaks, a warmup and cool down. It incorporates innovative dance movements that work cohesively with music inspired by global dance genres.

## 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	TUESDAY	WEDNESDAY
<b>ONLINE 09.15 - 10.00</b> FITSTEPS Mirella	<b>STUDIO 07.30 - 08.15</b> BODY PUMP Lauren	<b>STUDIO &amp; ONLINE 07.30 - 08.15</b> FUNCTIONAL FITNESS James
<b>STUDIO 08.45 - 09.30</b> DISCO FIT FUSION Siobhain	<b>ONLINE 07.45 - 08.30</b> FULL FITNESS WORKOUT Jules	<b>STUDIO 08.30 - 09.15</b> BODY BALANCE Nikki
<b>STUDIO 09.35 - 10.25</b> FREESTYLE DANCE FITNESS Siobhain	<b>STUDIO 08.30 - 09.30</b> BODY BALANCE Lauren	<b>STUDIO 09.30 - 10.15</b> MOBILITY, TONE & STRETCH Jules
<b>STUDIO 10.30 - 11.30</b> BODY BALANCE Jules	<b>ONLINE 08.35 - 09.20</b> BODY BALANCE Jules	<b>STUDIO 10.30 - 11.30</b> BODY PUMP Jules
<b>STUDIO 11.45 - 12.45</b> DYNAMIC YOGA Annie	<b>STUDIO 09.45 - 11.15</b> YOGA FOR ALL Angela	<b>INDOOR POOL 11.00 - 12.00</b> AQUA FIT Nikki
<b>INDOOR POOL 11.35 - 12.20</b> AQUA FIT Jules	<b>STUDIO 11.20 - 12.05</b> ZUMBA/FITSTEPS Mirella	<b>STUDIO 11.45 - 12.45</b> GENTLE FLOW YOGA Mirella
<b>STUDIO 13.00 - 13.45</b> 3D MOBILITY Liam	<b>STUDIO 12.30 - 13.30</b> PILATES Level 2* Storme	<b>STUDIO 13.00 - 14.00</b> YOGA FLOW Mirella
<b>STUDIO 14.30 - 15.30</b> YIN YOGA Jane	<b>STUDIO 14.00 - 15.00</b> WALKING CLUB Jules	<b>STUDIO 14.45 - 15.45</b> YIN YOGA Jane
<b>STUDIO 15.45 - 16.45</b> QI GONG Emily	<b>STUDIO 17.00 - 17.45</b> BODY PUMP Jules	<b>STUDIO 17.00 - 18.00</b> FITNESS PILATES Brenda
<b>STUDIO 17.45 - 18.45</b> BODY PUMP Barry	<b>STUDIO 18.00 - 18.55</b> BODY ATTACK Chris	<b>STUDIO 18.00 - 18.45</b> LES MILLS DANCE Chris
<b>STUDIO 18.55 - 19.45</b> STEP Barry	<b>STUDIO 19.00 - 19.55</b> BODY BALANCE Nikki	<b>STUDIO 19.00 - 19.45</b> BARBELL WEIGHTS Chris

AEROBIC FITNESS & CALORIE BURNING	CONDITION & TONE MUSCLES	DANCE BASED CLASSES	RELAX STRENGTHEN & RE-ENERGISE
THURSDAY	FRIDAY	SATURDAY	
<b>ONLINE 07.30 - 08.15</b> MORNING FLOW YOGA Mirella	<b>ONLINE 08.00 - 08.45</b> FUNCTIONAL FITNESS James	<b>STUDIO 09.00 - 10.00</b> BODY ATTACK Charley	
<b>STUDIO &amp; ONLINE 08.30 - 09.15</b> SUPPLE STRENGTH Nikki	<b>STUDIO 09.35 - 10.35</b> DYNAMIC FLOW Annie	<b>STUDIO 10.15 - 11.15</b> BODY PUMP Charley	
<b>STUDIO 09.20 - 10.20</b> BODY BALANCE Nikki	<b>STUDIO 10.45 - 11.45</b> BODY PUMP Lauren	<b>STUDIO 11.30 - 12.30</b> FITNESS PILATES Brenda	
<b>STUDIO/OUTSIDE 10.30 - 11.15</b> ZUMBA Juliet	<b>INDOOR POOL 11.00 - 12.00</b> AQUA FIT Nikki	<b>STUDIO 17.00 - 18.00</b> BOXERCISE Barry	
<b>STUDIO/OUTSIDE 11.20 - 12.05</b> ZUMBA Juliet	<b>STUDIO 12.00 - 12.45</b> JOINT RESTORATION Euan	<b>SUNDAY</b>	
<b>STUDIO 12.30 - 13.30</b> PILATES Level 1* Storme	<b>STUDIO 13.00 - 14.00</b> PILATES Penny		
<b>STUDIO 15.45 - 16.45</b> MY KIND OF YOGA Jules	<b>ONLINE 16.30 - 17.30</b> YIN YOGA Jane		
<b>STUDIO 17.00 - 17.45</b> MOBILITY TONE & STRETCH Jules	<b>ONLINE 18.00 - 19.00</b> BODY BALANCE Nikki		
<b>STUDIO 18.00 - 19.00</b> BODY PUMP Barry	<b>STUDIO 18.00 - 18.30</b> HIIT Barry	<b>STUDIO 09.30 - 10.30</b> CIRCUITS Gym Team	
	<b>STUDIO 18.35 - 18.50</b> ABS BLAST Gym Team	<b>STUDIO 10.45 - 11.45</b> 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.



# SPIN STUDIO CLASS TIMETABLE

JANUARY 2025

AEROBIC FITNESS  
& CALORIE BURNING

CONDITION &  
TONE MUSCLES

DANCE BASED  
CLASSES

## MONDAY

STUDIO 17.00 - 17.45  
SPIN  
Brian

STUDIO 18.00 - 18.30  
BEGINNERS SPIN  
Louise

## TUESDAY

STUDIO 07.45-08.30  
SPIN  
James

STUDIO 11.45 - 12.15  
SPIN  
Louise

STUDIO 17.15 - 18.00  
SPIN  
Brian

STUDIO 18.15 - 19.00  
SPIN  
Brian

## WEDNESDAY

STUDIO 08.20 - 09.05  
SPIN  
James

STUDIO 11.00 - 11.45  
SPIN  
Liam

## 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 08.15 - 09.00  
SPIN  
Brian

## SUNDAY

**MONDAY****TUESDAY****WEDNESDAY**

**OAK ROOM 17.00 - 18.00**  
**YOGA FLOW**  
Mirella

**OAK ROOM 18.10 - 19.10**  
**YOGA FLOW**  
Mirella

**OAK ROOM 16.00 - 16.45**  
**MINDFULNESS & MEDITATION**  
Ali

**OAK ROOM 17.45 - 18.45**  
**HATHA YOGA**  
Jane

**IN THE OAK ROOM**

**RELAX STRENGTHEN  
& RE-ENERGISE**

**THURSDAY****FRIDAY****SATURDAY**

**OAK ROOM 16.45 - 17.45**  
**QI GONG**  
Emily

**OAK ROOM 18.00 - 19.30**  
**YIN YOGA**  
Carrie

**OAK ROOM 16.45 - 17.45**  
**YOGA FLOW**  
Carrie

**SUNDAY**

**OAK ROOM 17.00 - 18.30**  
**YOGA FLOW**  
Rotation Yoga Instructors