

Studio 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.10AM		<i>Yoga</i> ★CARROLL			
10AM				<i>Gently Active</i> ★CHRIS	
10.30am			LES MILLS BODYBALANCE ★MARG		
11AM		<i>Tai Chi</i> ★CHRIS			
5.30PM				<i>Yoga</i> ★CARROLL	
6PM			<i>Yoga</i> ★CARROLL		
6.30PM		<i>Pilates</i> ★ANDREW			
SATURDAY					
8AM			<i>Yoga</i> ★MANGALA		

CLASS DESCRIPTIONS

Yoga

★ Uses the practice of yoga postures to develop strength, flexibility and correct postural alignment. Encourages relaxation for the mind and body. Duration: 55 mins. Coordination: Low.

LES MILLS **BODYBALANCE**

★ A Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Duration: 55 mins. Coordination: Low.

Pilates

★ A class teaching a unique method of body control and conditioning. Stretches and strengthens the muscles whilst improving flexibility and balance. Duration: 55 mins. Coordination: Low.

Tai Chi

★ Tai Chi is a Chinese exercise system that uses slow, smooth, gentle, body movements to achieve a state of relaxation of both body and mind. Great for all ages. Duration: 45 mins. Coordination: Low.

Gently Active

★ Gentle exercise for our ageing community. Focus on mobility, flexibility, balance and strength. Seated and standing options. Remain mobile for tasks of daily living. Strong focus on falls prevention.