

Studio 3 commencing 4th September 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.10AM		Yoga ★ CARROLL			
10AM				Gently Active ★ CHRIS	
10.30am	Pilates ★ SARAH		LES MILLS BODYBALANCE ★ MARG		
11AM		Tai Chi ★ CHRIS			
5.30PM				Yoga Commencing 28th Sep ★ MANGALA	
6PM			Yoga ★ CARROLL		
6.30PM		Pilates ★ MARG			

SATURDAY

8AM		Yoga ★ MANGALA			
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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.