

## EXERCISE CLASSES TIMETABLE

Michaelmas Term 2020

Tuesday	Spin	Suzi	09:00 – 09:40
Tuesday	Core Strengthening	Jo	12:00 – 12:45
Wednesday	Spin	Suzi	09:00 – 09:40
Wednesday	Yoga	Suzi	09:45 – 10:30
Thursday	Body Conditioning	Jo	08:45 – 09:45
Friday	Pilates	Judy	08:45 – 09:45

**Core Strengthening:** Designed to build core muscle groups whilst helping to improve posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. All levels welcome as exercises can be modified. Please bring your own mat.

**Spin:** A fun and high energy 40 minute programme of cardio exercise. The intensity of your ride is under your control, allowing you to work at a pace that is right for your body. The class focuses on aerobic endurance conditioning and aerobic interval training, with brief, high intensity bursts that push past your anaerobic threshold. Please bring a towel and a water bottle. Newcomers are always welcome!

**Yoga:** Freestyle Fitness Yoga fuses traditional Yoga postures with contemporary Fitness principles allowing you to own your practise and develop your flexibility, muscular strength and endurance at your own pace. It is a fantastic class in its own right, or as part of a cross with other styles of fitness classes. Please bring your own mat with you.

**Body Conditioning:** A full body workout involving muscular strength and endurance to help shape and tone your muscles. A range of exercise techniques are used, including cardio, bodyweight exercises, core and resistance training. Please bring your own mat and hand weights.

**Pilates:** Focus on improving core strength, flexibility and balance. This class uses a series of controlled and systematic movements with focused breathing to engage both the body and the mind. It is ideal for anyone wanting to correct bad postural habits, overcome back problems, improve athletic performance, or simply increase their general levels of fitness and wellbeing. All abilities welcome. Please bring your own mat.

Phone:  
01491 681 303

**£10 per class / £80 for 10 classes**

Email:  
sportscentre@oratory.co.uk