



JANUARY 2025

Mon	Tue	Wed	Thu	Fri
06 <u>Legs, bums & tums</u> <u>Pilates for backs</u>	07 <u>Mobilates</u>	08 <u>Mixed ability Pilates</u>	09 <u>Morning yoga</u> <u>Body blast</u>	10 <u>Zumba</u> <u>Friday flex</u>
13 <u>Legs, bums & tums</u> <u>Pilates for backs</u>	14 <u>Mobilates</u>	15 <u>Mixed ability Pilates</u> <u>Lane swim</u>	16 <u>Morning yoga</u> <u>Body blast</u> <u>Lane swim</u>	17 <u>Zumba</u> <u>Friday flex</u>
20 <u>Legs, bums & tums</u> <u>Tai Chi expanded</u> <u>Tai Chi for all</u> <u>Pilates for backs</u>	21 <u>Mobilates</u>	22 <u>Reflexology workshop</u> <u>Mixed ability pilates</u> <u>Lane swim</u>	23 <u>Morning yoga</u> <u>Body blast</u> <u>Lane Swim</u>	24 <u>Zumba</u> <u>Friday flex</u>
27 <u>Legs, bums & tums</u> <u>Tai Chi expanded</u> <u>Tai Chi for all</u> <u>Pilates for backs</u>	28 <u>Mobilates</u>	29 <u>Mixed ability Pilates</u> <u>Lane swim</u>	30 <u>Morning yoga</u> <u>Body blast</u> <u>Lane swim</u>	31 <u>Zumba</u> <u>Friday flex</u>



SESSION INFORMATION

- LBT - Great for building muscle and burning calories. Designed to help tone your legs, glutes and abs, and cardiovascular fitness
- Tai Chi expanded -introduce Tai chi ball, stick and Indian clubs. Moving meditation to relive stress and aims to improve posture and breathing. The class will focus on developing strength, body awareness and power without strain.
- Tai Chi for all (including seated option) - This session is a gentle mind body practice adapted to be safe for anyone, its accessible and effective, and shown to help with many chronic health conditions. It provides an opportunity to improve physical, mental and emotional balance, and health-promoting resilience and fitness, without strain. Participants are encouraged to remain seated throughout if needed, or to sit down at any time during the class.
- Pilates for Backs - A 30 Minute sessions focusing on the back, buttocks, hip and chest, all associated with too much sitting on chairs. We aim to Improve strength, mobility, and flexibility. To improve back health, the Pilates way, using the fundamentals of this form, performed slowly with control.
- Mobilates- A gentle, accessible seated Mobilates class that focuses on the key principles of Pilates including alignments, breathing, focus and moving with control. The class aims to help ease your aches and pains, enable you to move more freely and give you confidence to exercise safely.
- Mixed Ability Pilates - Develop your balance, strength and flexibility in this popular class. The course will offer levels and take you through a series of standing, lying and side lying exercises.
- Morning Yoga - with underlying acknowledgment to the seasons, we will release tension and develop strength through movement, breathing and mindfulness practices. Prepare yourself for the day ahead with Yoga.
- Body blast - A low impact, high intensity workout that will work you from top to bottom. We start with some cardio and then go onto a weights, session followed by floor core work.
- Zumba - Zumba is an excellent, fun workout with simple choreographed routines combining the mix of dances rhythms from around the world including salsa, hip hop, reggae, samba, disco plus many more.
- Friday flex - A stretch class to get you away from your desk for 30 minutes and do some hip, chest, back and leg stretches.
- Reflexology Workshop - Stress Busting & Immune Boosting. Learn about the theory and practice of reflexology. Learn reflexology techniques on the hands and ears to enhance your wellbeing.
- Lane Swim - Take time out and have a relaxing swim, there is a slow and medium lane. The lanes are booked in the downstairs pool. On arrival, state Sporticipate lane swim at the main reception desk