

# CLASS TIMETABLE



FEELGOOD  
HEALTH CLUBS

## MON

### HIIT

8.45-9.15am

Matt

### Fab Abs

9.30-10.00am

Matt

### Aqua

10.45-11.30am

Louise

### Pilates

11.30-12.15pm

Alison

### Dance Fit

7.15-8pm

Naomi

### Tai Chi

8.00-9.00pm

Colin

## TUES

### Full Worx

9.30-10.15am

Hannah

### Body Tone

10.30-11.15am

Mechelle

### Yoga

12.30-1.30pm

Liz

## WED

### Zumba

9.30-10.15am

Nancy

### Body

Conditioning

10.30-11.15am

Nancy

## THURS

### LBT

9.30-10.30am

Hannah

### Aqua Fit

10.00-10.30am

Chris

### Pilates

10.45-11.00am

Chris

### Zumba Step

6.00-7.00pm

Naomi

## FRI

### Circuits

9.00-10.00am

Lyn

### Yoga

10.00-11.00am

Chirelle

## HIIT

This class is not for the faint hearted – high intensity interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

## Aqua

This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. with lively motivating music

## Dance Fit

Focusing on cardiovascular exercise to music through dance routines this class will be loads of fun!

## Full Worx

This full body work out includes cardio, weights and core conditioning. Lots of hard work to music you will feel alive!

## Zumba

Zumba is an interval workout. The class move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance. You will have great fun shaking those hips!

## Fab Abs

Fab Abs is a class designed to strengthen the core. There is no high intensity cardio in the class, just pure hardcore ab exercises. The class will be broken up into different moves and sections to target the obliques upper, lower abs to give you a full ab workout, as well as strengthen the lower back.

## Yoga - Tuesday

Come along to a Dru Yoga class & see how this graceful and potent form of yoga can increase strength and flexibility, create greater core stability & balance, restore calmness & improve your general health & wellbeing. Accessible to all and using traditional Hatha postures and poses with flowing sequences we always include a relaxation to end!!

## Body Conditioning

Total body fitness, low impact aerobics and strength training combined. exercises designed specifically for toning, the mid to lower body.

## Yoga - Friday

In this yinyassa class you will flow from pose to pose with each breath working on both strength and flexibility, whilst clearing the mind. Relax and enjoy!

## Pilates

The aim is to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing. A low intensity class.

## Tai Chi

Aimed at beginners and improvers (so up to level 2). The class involves gentle warm up activity at the beginning, followed by Qi Gung and then forms ending with standing meditation. With a focus on looking at relaxation, inter connectivity of all parts of the body, and control and co-ordination

## Body Tone

Low impact class to work on your core and strength. Another full body work out.

## Legs Bums and Tums

Exactly what it says on the tin! Focus on the lower body we work on improving flexibility and toning. 45 minutes will fly by

## Zumba Step

Take the sexy dance moves and add a step and you have a challenging fun workout.