

GROUP FITNESS TIMETABLE

Time	Tuesday	Wednesday	Thursday	Friday
10:00 - 11:00	YIN Yoga (10:00 - 11:00)			Yoga Therapy (10:00 - 10:45)
11:00 - 12:00		Pilates (11:00 - 11:45)		Functional Training (11:00 - 11:45)

Classes should be pre booked by email at least 24 hours in advance to avoid disappointment

The Club reserves the right to cancel any class that has less than 2 people booked
Please note that these classes may be subject to change

Functional training: This class mixes cardio and strength training by making dynamic and multi-muscular movements to complete a circuit of 6 - 8 exercises (3 rounds). Enjoy also the additional exercises included between rounds to work and improve your mobility and flexibility.

YIN Yoga*: This practice is designed to stretch connective tissue around the joints (mainly the knees, pelvis, sacrum, and spine). A passive practice, Yin Yoga involves variations of seated and supine poses typically held for 3 to 5 min, accessing deeper layers of fascia.

Yoga Therapy*: In the practice of yoga therapy we are using specific yoga movements and their known benefits to help alleviate or improve mental and physical ailments. In this gentle sequence we will learn about proper alignment and use props to make sure the practice doesn't cause any harm to our body.

Pilates*: Full-body class, with low impact exercises that work on strength while improving postural alignment and flexibility. Pilates moves tend to target the core, although the exercises work other areas of your body as well. Exercises are controlled by breathing and involve slow and precise movements.