

# CLASS TIMETABLE

From Monday 2nd March

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
AM	PM	AM	PM	AM	PM	AM	PM
7:00 - 7:45 <b>Circuits</b> With Danny	12:00 - 12:45 <b>Strength on The Gym Floor</b> With Conrad	7:45 - 8:30 <b>Menopause Yoga</b> With Sulyone	12:15 - 13:00 <b>Functional Fitness</b> With Magda	7:00 - 7:45 <b>Functional Fitness</b> With Shannon	12:00 - 12:45 <b>Strength</b> With Conrad	7:00 - 7:45 <b>Barbell Circuits</b> With Joanna	12:00 - 13:00 <b>Run Club</b> With Dan
7:15 - 8:10 <b>Reformer Pilates*</b> With Emma	12:30 - 13:15 <b>Low Impact Circuits</b> With Mo	8:45 - 9:45 <b>Fitness Pilates</b> With Rebekah	12:15 - 13:15 <b>Hatha Yoga</b> With Rebekah	8:40 - 9:25 <b>Fitness Pilates</b> With Rebekah	12:30 - 13:15 <b>BarreConcept</b> With Rebekah	8:00 - 8:55 <b>Reformer Pilates*</b> With Sasa	12:00 - 13:00 <b>Hatha Yoga</b> With Bea
8:30 - 9:15 <b>Legs, Bums &amp; Tums</b> With Emma	13:15 - 14:15 <b>Tai Chi</b> With Linda	8:45 - 9:45 <b>Pilates for Golf</b> With Bea	12:30 - 13:15 <b>Zumba</b> With Joanna	9:00 - 9:55 <b>Reformer Pilates*</b> With Aniko	13:00 - 14:00 <b>Restore &amp; Rejuvenate Yoga</b> With Jean-Claude	8:30 - 9:15 <b>Functional Fitness</b> With Charlotte	13:30 - 14:30 <b>Seated Yoga</b> With Bea
9:15 - 10:15 <b>Pilates &amp; Stretch</b> With Beth	14:30 - 15:30 <b>Pilates</b> With Heena	9:30 - 10:15 <b>Body Sculpt</b> With Magda	13:30 - 14:30 <b>Fundamental Yoga</b> With Vina	9:30 - 10:15 <b>Zumba</b> With Joanna	14:15 - 15:15 <b>Pilates</b> With Beth	9:15 - 10:15 <b>Fitness Pilates</b> With Kerry	14:45 - 15:45 <b>Tai Chi</b> With Linda
9:30 - 10:15 <b>Boxfit</b> With Sophie	17:15 - 18:00 <b>Pilates</b> With Bea	9:30 - 10:30 <b>Rhythm Cycle &amp; Abs</b> With Cameron	16:30 - 17:30 <b>Open Box</b> With Amanda	9:30 - 10:15 <b>Functional Fitness</b> With Shannon	15:30 - 16:25 <b>Reformer Pilates*</b> With Beth	9:30 - 10:15 <b>Body Tone</b> With Jenna	17:15 - 18:00 <b>Vinyasa Flow Yoga</b> With Vina
9:30 - 10:15 <b>Zumba</b> With Jack	18:15 - 19:00 <b>Stages Cycle 45</b> With Emma	10:00 - 11:00 <b>Pilates (int)</b> With Bea	17:15 - 18:00 <b>Intro to Pilates</b> With Amanda	10:00 - 12:00 <b>Leisure Cycle Ride</b> With Simon	17:00 - 17:45 <b>Teen Circuits</b> With Magda	9:30 - 10:15 <b>Rhythm Cycle</b> With Sarah	18:15 - 19:00 <b>Restorative Yoga</b> With Vina
9:40 - 10:25 <b>Stages Cycle 45</b> With Ellie	18:15 - 19:00 <b>Stretch Yoga</b> With Emma	10:30 - 11:15 <b>Aqua</b> With Christabel	18:15 - 19:00 <b>Pilates with Equipment (Int/Adv)</b> With Amanda	10:15 - 11:00 <b>Stages &amp; Stretch</b> With Ellie	17:15 - 18:00 <b>Prickle Ball Release</b> With Kerry	10:30 - 11:15 <b>BarreConcept</b> With Sarah	18:30 - 19:15 <b>Functional Fitness</b> With Ellie
10:30 - 11:15 <b>Body Sculpt</b> With Ellie	18:15 - 19:00 <b>Circuits</b> With Charlotte	10:35 - 11:20 <b>Total Body Workout</b> With Cameron	18:30 - 19:15 <b>Functional Fitness</b> With Danny	10:15 - 11:15 <b>Pilates</b> With Aniko	18:15 - 19:00 <b>Body Conditioning</b> With Sophie	10:30 - 11:45 <b>Pilates &amp; Stretch</b> With Kerry	18:30 - 19:15 <b>Functional Fitness</b> With Ellie
10:30 - 11:30 <b>Slow Flow Yoga</b> With Vina	19:05 - 20:05 <b>Jazz Dance</b> With Charlotte	11:15 - 12:00 <b>Postnatal Yoga</b> With Rebekah	18:30 - 19:15 <b>Stages Cycle</b> With Simon	10:25 - 11:10 <b>Barbell Circuits</b> With Joanna	18:15 - 19:00 <b>Stretch &amp; Relax</b> With Kerry	11:30 - 12:15 <b>Postnatal Circuits</b> With Joanna	
11:30 - 12:15 <b>Postnatal Circuits</b> With Joanna	19:15 - 20:00 <b>Functional Fitness</b> With Emma	11:15 - 12:00 <b>Seated Yoga</b> With Bea	19:15 - 20:30 <b>Classical Yoga</b> With Justine	10:30 - 11:15 <b>Aqua</b> With Lidia	18:30 - 19:15 <b>Functional Fitness</b> With Danny		
11:45 - 12:45 <b>Pilates</b> With Beth		11:30 - 12:15 <b>Freestyle Pump</b> With Christabel	19:30 - 20:15 <b>Step and Tone</b> With Mandy	11:30 - 12:45 <b>Rasa Flow Vinyasa</b> With Jean-Claude	19:15 - 20:15 <b>Pilates</b> With Katrina		
				11:30 - 12:15 <b>Low Impact Aerobics</b> With Rebekah	19:15 - 20:00 <b>Zumba</b> With Claire B		
					19:15 - 20:00 <b>Aqua</b> With Sarah		

## ATTENDING CLASSES

Please ensure you have booked onto your class online or in person via reception from 8am two days in advance.

Please inform the instructor of any injuries or conditions you have which may be affected by exercise.

For health and safety reasons, admittance to class will not be permitted five minutes after the class start time.

For your own safety, please ensure your footwear is appropriate for the class.

Please note, timetable is subject to change in certain circumstances including bank holidays. Contact the HealthSpa for more information.

Mobile phones are not permitted in class unless for emergency. If so, they must be kept on silent. Photos and videos must not be taken during class.

## KEY

-  These classes take place in The Yoga Cabin
- \* Additional Charge
-  Junior activity available at this time
-  These classes take place in The Box, upstairs in The Pavilion

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# CLASS TIMETABLE

From Monday 2nd March

FRIDAY		SATURDAY		SUNDAY	
AM	PM	AM	PM	AM	PM
7:00 - 7:45 <b>Functional Fitness</b> With Danny	 12:00 - 13:00 <b>Stretch Yoga</b> With Heena	8:00 - 8:45 <b>Circuits</b> With Joanna	12:00 - 12:45 <b>Teen Functional Fitness (8+ years)</b> With Joanna	 8:00 - 8:55 <b>Reformer Pilates*</b> With Emma	 17:15 - 18:15 <b>Gentle Hatha Yoga &amp; Stretch</b> With Lizzie
8:00 - 8:55 <b>Intro to Reformer*</b> With Megan	 13:15 - 14:15 <b>Pilates (Int/Adv)</b> With Heena	8:30 - 9:15 <b>Boxfit</b> With Danny	 13:00 - 13:45 <b>Family Functional Fitness (8+ years)</b> With Danny	8:45 - 9:30  <b>Functional Fitness</b> 	
8:30 - 9:15 <b>Functional Fitness</b> With Luke	 14:30 - 15:15 <b>Seated Pilates</b> With Heena	9:00 - 9:55 <b>Legs, Bums &amp; Tums</b> With Kerry	13:00 - 13:55 <b>Reformer Pilates*</b> With Magda	9:15 - 10:00 <b>Body Conditioning</b> With Emma	
9:30 - 10:15 <b>Functional Fitness</b> With Conrad	 16:00 - 16:55 <b>Reformer Pilates*</b> With Kerry	9:00 - 10:00 <b>Running Club</b> With Dan	15:15 - 16:00 <b>Seated Yoga</b> With Bea	9:30 - 10:45  <b>Hatha Yoga</b>  With Vina	
9:30 - 10:30 <b>Joint Release Yoga</b> With Vina	 17:15 - 18:15 <b>Pilates and Stretch</b> With Kerry	9:05 - 10:05  <b>Pilates for Pelvic Health</b>  With Rebekah	16:15 - 17:15 <b>Yoga</b> With Bea	10:00 - 12:00  <b>Cycling Club</b>  With Simon	
9:30 - 10:15 <b>Stages Cycle</b> With Luke	17:30 - 18:30  <b>Open Box</b>	9:30 - 10:15  <b>Stages Cycle 45</b>  With Simon		10:10 - 11:10 <b>Stages Cycle</b>  With Neil	
9:35 - 10:20 <b>Legs, Bums &amp; Tums</b> With Emma		10:15 - 11:15  <b>Pilates</b>  With Kerry		10:15 - 11:00 <b>Weighted Workout</b> With Rebekah	
10:30 - 11:30 <b>Rhythm &amp; Abs</b> With Claire		10:30 - 11:15  <b>Functional Fitness</b>  With Joanna		11:00 - 12:00  <b>Restorative Yoga and Meditation</b>  With Vina	
10:45 - 11:30 <b>Freestyle Pump</b> With Sarah S		11:30 - 12:15  <b>Stretch &amp; Relax</b>  With Kerry		11:15 - 12:00 <b>Dance Fit</b> With Lauren	
10:45 - 11:45 <b>Restorative Pilates</b> With Amanda					
11:45 - 12:30 <b>Zumba</b> With Claire					

## KEY

-  These classes take place in The Yoga Cabin
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# CLASS DESCRIPTIONS

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**Aqua** Get fit whilst toning and shaping your body using the resistance of water. Our skilled instructors and energising music will provide you with a great workout, whilst having fun and burning calories.

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**Abs & Core A** 25-minute focused session to target abdominals, obliques, lower back and glutes.

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**Abs and Glutes** A focused session to improve core strength, targeting abs, obliques, lower back and glute muscles.

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**Aqua Circuits:** Self-Guided Pool Circuit. Enjoy a relaxed, non-instructor-led class where you move around the pool at your own pace, trying out a variety of water-based exercises set up around the pool edge. It's a great opportunity to get active, enjoy some music, socialise, and have fun while improving your fitness.

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**Barbell Circuits** Challenge yourself with this resistance focused circuits class, with movement to target your whole body and build strength and improve tone, using barbells and dumbbells.

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**BarreConcept** This unique workout combines the elements of Pilates, yoga, resistance training and ballet into a highly effective regime performed on the mat and at a ballet barre. The effect is a long, lean dancer's body without being a dancer.

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**Body Conditioning** A high energy cardio and resistance workout that is great for fat burning. A combination of aerobics, weights and floor work will work your whole body to high energy music!

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**Boxercise** A high-intensity exercise class that combines resistance training with aerobic exercise. It combines boxing and exercise with great fun, and is a stress busting activity to suit everyone who wants to enjoy boxing training... without getting hit.

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**Body Burn** - Get ready to sweat! This energetic & fun total body workout uses light weights and plenty of repetitions to achieve that "burn" feel. Helping you gain muscular strength and endurance.

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**Body Sculpt** - A low impact, full body mat workout. Conditioning and strengthening for a sculpted physique, and a great high energy workout to compliment cardio and high impact workouts.

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**BoxFit** - A high-energy, non-contact workout inspired by boxing training techniques. This class combines pad work, shadowboxing, cardio drills, and bodyweight exercises to improve your strength, endurance, coordination, and agility. Suitable for all fitness levels.

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**Body tone:** A full body workout using a barbell & dumbbells to increase strength and definition in the upper body, lower body and core. Suitable for all fitness levels

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**Circuits** Work your way through cardio, strength and endurance exercises, using a range of equipment and for different work to rest ratios. Perfect for improving cardiovascular fitness and building strength all in one.

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**Classical Yoga** Classical Yoga is a system of spiritual knowledge. It is based on the traditional system of eight limbs, and is universal and can be practiced by all.

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**Cycling Club / Leisure Cycle Ride** A group ride around the local area led by Cycling Captain Simon. All abilities welcome with mechanically sound bike, helmet and appropriate clothing. Rides will be weather dependent.

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**Fitness Pilates** A higher cardio Pilates class incorporating weights, to raise your heart rate and improve fitness while strengthening and toning.

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**Flow Hatha Yoga** This yoga moves at a slightly faster pace and poses are linked to each other in a flowing, almost dancing manner.

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**Freestyle Pump** This toning and conditioning workout class is great for those who want to add strength training to their workout, using the music to guide your repetitions. You will leave the studio feeling strong and accomplished, with high repetitions working from head to toe!

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**Functional Fitness** Our bespoke workout in The Box. 45 minutes working around four stations featuring all the good stuff - battle ropes, slam balls, boxing, plyometric boxes and kettlebells. The perfect class if you want to build fitness, burn calories, and sweat.

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**Family Functional Fitness** Train with your kids in this class in our studio The Box, suitable for junior members aged 8 years and over when accompanied by an adult. A great workout for developing coordination, agility and fitness for all ages (1 adult can accompany 2 children.)

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**Fundamental Yoga Practice** Whether you're a practiced yogi or a complete novice, this class is the perfect back to basics practice. Learn key postures and alignment, with more opportunity to break down poses. Build your confidence and continue to learn the art of yoga.

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**Gentle Hatha Yoga & Stretch** A gentle class which allows you to find space and enjoy poses, incorporating restorative poses and stretches.

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**Gym Conditioning** This class, held on the gym floor, incorporates equipment such as rowing machines and Skillmill alongside kettlebells, dumbbells and plyometric exercises for a fun, team or partner conditioning workout.

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**Hatha Yoga** Connect your mind and body through breathing and delve into the asana practice of yoga that will guarantee you feeling energised and stretched. This class is suitable for all levels and offers variations.

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**HIIT** This offers the ultimate workout to kick-start your training, using a mixture of equipment and bodyweight to put you through your paces.

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**HIIT Cycle** The best of both - cycling for cardio and dumbbells for strength. Alternating rounds on and off the bike will give you the ultimate high intensity workout. Great for those who love HIIT without the impact.

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**Intro to Pilates** Whether you are brand new to pilates, or wanting to get back to it, this class is the perfect opportunity to learn about core activation, thoracic breathing and alignment. Work through the fundamental pilates moves, which will be taken further in our other pilates classes.

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**Jazz Dance** Suitable for beginners to intermediate level dancers, you'll learn steps to build to a routine in this social dance class full of fun. Please book online under Fitness 48 hours in advance.

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**Legs, Bums & Tums** An easy-to-follow toning and strengthening class that focuses on toning your core, legs and glutes.

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**Low Impact Aerobics** This class is for people of all fitness levels. Get your body moving in a way that will improve your overall flexibility, strength, and fitness with low impact exercises that are joint-friendly.

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**Low Impact Circuits** Exercises are adaptable and designed to improve movement and ease of completing every day activities

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**Outdoor Bootcamp** 45 minutes of high intensity training that will increase your metabolism, improve blood circulation, strength, endurance and power, with the added fun of the outdoors and the fresh air!

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**Open Box** Enjoy Some Family Training Time! Take advantage of our open space equipped with boxing gear, perfect for getting active together. Please note: This area is not supervised by a trainer, so parental supervision is required at all times.

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**Pilates** These classes are excellent for improving posture, core strength and aligning the body correctly. Pilates also teaches coordination, concentration and control of the body.

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**Postnatal Pilates** One of the best forms of self-care mums can do, promoting total-body alignment, better posture and enhanced awareness of your "new" post-baby body, which work hand in hand to prevent issues like lower-back pain and shoulder and neck tension. Babies welcome!

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**Postnatal Yoga** The perfect way to prepare for birth, or rebalance your body after giving birth, helping to strengthen the pelvic floor and focus your core awareness. A great way to bring calm to the lead up or challenging new-born days. Babies welcome!

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**Prickle Ball Release** A class to help you discover how to undo muscular restrictions, enhance Functional Movement and learn exercises that help treat Myofascial pain.

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**Postnatal Circuits** Staying fit as a new parent can be challenging, but our 45 minute baby friendly session is the perfect way to ease back into exercise, without the pressure of finding childcare.

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**Rasa Yoga** Fusion of both form and flow, creative patterns of movement support optimal strength, flexibility, and vitality in the body. Meditation practices cultivate a clear mind and an expansive heart.

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**Reformer Pilates** For those looking to home in on precise core movements and benefit from resistance and feedback from our Reformer machines, this is an opportunity to take your pilates training to the next level.

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**Restorative Pilates** The movement sequence of Restorative Pilates re-trains the fundamental movement patterns we need in our body to properly connect the diaphragm, pelvic floor, and core and ultimately help you to restore a healthier, more functional, efficient body.

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**Restorative Yoga** A gentle, slow, and still style of yoga that involves long, passive holds through a series of 4-6 restful poses. Props are used to enhance or deepen their experience and achieve a state of total relaxation and release.

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**Restore & Rejuvenate Yoga** This class is a slow, deep practice, focusing on the breath and the connections of the breath with the physical & subtle body. Each pose will be held for at least 1 minute to release the tension and stretch the muscles by using props such as bolsters, blankets, straps, and blocks. You will leave refreshed, restored and rejuvenated

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**Rhythm Cycle** Get your heart rate up and burn serious calories on our Stages bikes, in this class which is all about working hard to the music!

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**Running Club** A group run around the club grounds and woodlands, led by Running Captain Kat. All welcome - you'll be grouped with similar abilities and no one gets left behind.

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**Seated Pilates** Modified pilates for those who are more comfortable seated. All the benefits of pilates core strengthening exercises and mobility, but using a chair to make this exercise more accessible.

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**Seated Yoga** Yoga using a chair, for those who want to improve their flexibility, tone and breath, whilst reducing stress. In this class you will do modified twists, bends, and stretches.

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**Sequence Yoga** Yoga can benefit the body as joints become stiff and painful as we age. This class includes a sequence designed to improve mobility and help create less strain through the joints. This practice is a beginner level and is beneficial for all age groups.

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**Slow Flow Yoga** A gentle class to allow you to find space and enjoy poses, whilst maintaining the rhythm of a flow class.

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**Stages Flight Cycle** Great music, world-class bikes and our bespoke studio - this is the place to be for a challenging opportunity to get your heart pumping and burn serious calories. Non-impact and designed for all fitness levels, working on building cardiovascular and muscular endurance.

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**Virtual Stages Cycle** These classes are run on screen with no instructor present. You'll follow a results driven profile on screen using the interactive display

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**Step and Tone** Fun choreography incorporating a low step, dumbbells and great music for a whole-body workout – perfect for all fitness levels.

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**Stretch & Relax** Dedicate some much needed time to stretch, improve range and flexibility, reduce muscle and joint pain, and relax.

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**Stretch Yoga** Traditional yoga poses combined with easy-to-follow stretches that encourage a greater range of motion, release tension and improve flexibility.

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**Tai Chi** A method of gentle exercise, this mind, body and spirit workout improves posture and breathing, and aids better balance.

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**Total Body Workout** A combined cardio and resistance workout that is great for building strength and endurance. This class will work your whole body using dumbbells, barbells and steps.

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**Vinaya Yoga** One posture flows into the next using the breath, in a way that allows the movements to feel connected and thoughtful. Vinyasa generates a heat that is not often found in other practices, incorporating a cardiovascular element.

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**Weighted Workout** This workout is great for those who love strength training in the studio. You will leave the studio feeling strong and accomplished.

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**Zumba** An effective and easy-to-follow Latin inspired calorie burning dance fitness party. Zumba tones the whole body, increases your heart rate and makes you smile!