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FITNESS AND WELLNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am						
10:00 am		Functional Movement	Strength and Vitality	Zumba Gold		Yin Yoga
11:00 am	Restorative Yoga	Pilates (Intermediate)	Stretch and Mobility	Strength and Vitality	Meditation	
11:30 am	Strength and Vitality				Living Longer	
12:00 pm						
1:00 pm						
2:00 pm	Mat Pilates				Strength and Vitality	
3:00 pm						
4:00 pm						
5:00 pm						
6:30pm		Zumba	Classic Yoga	Yin Yoga		

Please note that each class is 45 minutes long

Restorative Yoga	Experience profound relaxation and rejuvenation in this gentle yoga class, designed to release tension, calm the mind, and restore balance through supported poses and mindful breathing.
Classic Yoga	A gentle yoga class that progresses through breath led movements to mindful staying in a variety of postures, connecting body breath and mind to improve balance and flexibility while building strength. Options are offered to accommodate beginners to more experienced students.
Yin Yoga	Yin Yoga is a gentle practice that explores the art of deep stretching and mindfulness and involves holding poses for extended periods. This approach targets the body's connective tissues, including ligaments, tendons, and fascia, promoting greater flexibility and inner peace.
Mat Pilates	Designed to energise your workout routine with a blend of core-strengthening exercises and dynamic movement. This class focuses on activating your core muscles, enhancing your overall strength and boosting your body's functional fitness.
Intermediate Pilates	Specifically designed for older adults, this class focuses gentle yet effective exercises to improve strength, flexibility and balance, promoting overall well-being and vitality. Appropriate for both beginner and intermediate levels.
Strength and Vitality	Strength and Vitality is a specially designed fitness class aimed at older adults who want to enhance their strength, balance, and overall well-being. This class focuses on building muscle, improving functional movement, and promoting bone health, all while ensuring safety and comfort.
Functional Movement	Learn to use your body through a combination of isometric exercises, resistance training, Pilates and breathwork. Revitalise your joints and muscles while strengthening your posture.
Stretch and Mobility	This class is all about boosting your flexibility and helping your muscles and joints stay healthy and limber. We'll be stretching out those tight spots, giving your body a reset, and saying goodbye to stiffness. The class focuses on both therapeutic and active stretching to release tension deep within the body.
Living Longer	Embrace healthy aging with this fitness program tailored for older adults. It focuses on enhancing mobility, strength, and flexibility to support an active and vibrant lifestyle.
Meditation	Cultivate inner peace and mental clarity with guided meditation sessions. Learn techniques to reduce stress, improve focus, and promote overall well-being.
Zumba	Dance your way to fitness with Zumba! This high-energy class combines Latin rhythms with easy-to-follow moves for a fun and effective workout.
Zumba Gold	Enjoy all the fun of Zumba at a more comfortable pace. Zumba Gold is perfect for older adults or beginners, offering modified, low-impact moves for a safe, enjoyable workout.