



## Class Descriptions for Physical Activity Timetable January 2012



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| <b>Aerobics</b>                 | General aerobics class including high and low intensity options, muscle toning and stretches. Some classes may be restricted to women only. Aero-Basics is a more gentle style of aerobics. Suitable for age 12+ if accompanied by an adult.  |
| <b>Aero - Mix</b>               | Aero-Mix is an exciting mix of exercise classes to music which includes cardio, body toning and flexibility workouts.<br>Suitable for age 12+ if accompanied by an adult.   |
| <b>Aero - Tone</b>              | Aero-Tone is an energetic class including high and low intensity options.<br>Class includes aerobics and toning workouts.<br>Suitable for age 12+ if accompanied by an adult.   |
| <b>Aqua Natal</b>               | Aqua Aerobics class delivered term-time only in water for pregnant and post natal women (up to 12 months post natal). Class is designed to maintain health and physical activity levels during and after pregnancy. Subject to screening for a healthy pregnancy.   |
| <b>Baby Ballet</b>              | Class to introduce babies aged 6-18 months to movement, music, singing and dance.<br>Sociable class which is fun for babies and parents or guardians.   |
| <b>Boxercise</b>                | Exciting boxing style fitness class for all abilities which includes boxing style moves, Boxing style circuits and some pad work.<br>Suitable for age 16+   |
| <b>Circuits</b>                 | Fun and social class moving round different exercise stations in a circuit design. Exercises will help to improve muscle strength, endurance and heart health.<br>Some classes may be restricted to 50+ or Family Circuits (children age 4+).<br>Suitable for age 12+ if accompanied by an adult unless stated otherwise. |
| <b>Family Dance</b>             | Fun family dance session for Families with children aged 4+ (must be accompanied by an adult). Session includes aerobics, cheerleading and other styles of dance.   |
| <b>Flexi - Families</b>         | Fun and engaging Yoga session for Families with children aged 4+ (must be accompanied by an adult). Session teaches Yoga postures through stories, aids relaxation and concentration.   |
| <b>Pilates</b>                  | Pilates improves body awareness, tone, breathing, postural alignment, Strengthens your core and spine and includes mat-work and stretches.<br>Suitable for age 16+  |
| <b>Run, Jog &amp; Walk</b>      | A track based session to help improve your running, jogging or walking techniques.<br>Endurance based activities in a fun sporting outdoor environment.<br>Suitable for age 12+ if accompanied by an adult.   |
| <b>Seated Exercise To Music</b> | A fun and enjoyable seated session that promotes health, increases mobility and independence, improves strength, coordination and balance. Suitable for age 16+   |
| <b>Zumba</b>                    | A fun Latin inspired aerobic dance workout.<br>You need to be quick on your feet for this exciting and popular class!<br>Suitable for age 12+ if accompanied by an adult.   |
| <b>Yogalates</b>                | Highly effective form of exercise that combines Yoga and Pilates into one class. Includes slow controlled breathing and stretching of yoga with the core tightening and strengthening of Pilates.<br>Suitable for age 12+ if accompanied by an adult.   |

**All classes may be cancelled at short notice...**

**Call the Lifestyle Link on 01922 44 40 44 for up to date Class Information**

**Please arrive 15 minutes before the start of the session**