

# Autumn 2024 Group Exercise Timetable

Room: Group Fitness 1



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYPUMP</b> 45' (Live Class) 6:00AM - 6:45AM	<b>LES MILLS BODYBALANCE</b> 55' (Virtual Class) 6:00AM - 7:00AM	<b>LES MILLS BODYPUMP</b> 45' (Virtual Class) 6:00AM - 6:45AM	<b>LES MILLS BODYCOMBAT</b> 45' (Virtual Class) 6:00AM - 6:45AM	<b>LES MILLS CORE</b> 30' (Live Class) 6:00AM - 6:30AM		
<b>LES MILLS BODYBALANCE</b> 55' (Virtual Class) 6:50AM - 7:50AM	<b>LES MILLS BODYPUMP</b> 30' (Virtual Class) 7:05AM - 7:35AM	<b>LES MILLS BODYCOMBAT</b> 30' (Virtual Class) 6:50AM - 7:20AM	<b>LES MILLS CORE</b> 30' (Virtual Class) 6:50AM - 7:20AM	<b>LES MILLS BODYPUMP</b> 30' (Virtual Class) 6:35AM - 7:05AM		
<b>LES MILLS CORE</b> 30' (Live Class) 8:55AM - 9:25AM	<b>LES MILLS BODYPUMP</b> 45' (Virtual Class) 9:20AM - 10:05AM	<b>LES MILLS CORE</b> 30' (Virtual Class) 8:55AM - 9:25AM	<b>LITE PACE FITNESS</b> 45' (Live Class) 9:00AM - 9:45AM	<b>LES MILLS BODYPUMP</b> 45' (Virtual Class) 9:30AM - 10:15AM	<b>LES MILLS CORE</b> 30' (Live Class) 8:45AM - 9:15AM	<b>LES MILLS BODYPUMP</b> 45' (Live Class) 8:45AM - 9:30AM
<b>LES MILLS BODYPUMP</b> 30' (Live Class) 9:30AM - 10:00AM	<b>LES MILLS SH'BAM</b> 45' (Virtual Class) 10:15AM - 11:00AM	<b>LES MILLS BODYPUMP</b> 30' (Live Class) 9:25AM - 9:55AM	<b>LES MILLS SH'BAM</b> 45' (Virtual Class) 10:00AM - 10:45AM	<b>LES MILLS BODYBALANCE</b> 30' (Virtual Class) 10:20AM - 10:50AM	<b>LES MILLS BODYPUMP</b> 45' (Live Class) 9:25AM - 10:10AM	<b>LES MILLS CORE</b> 30' (Virtual Class) 9:40AM - 10:10AM
<b>LES MILLS SH'BAM</b> 45' (Virtual Class) 10:15AM - 11:00AM	<b>LES MILLS CORE</b> 30' (Virtual Class) 11:15AM - 11:45AM	<b>LES MILLS SH'BAM</b> 45' (Virtual Class) 10:15AM - 11:00AM	<b>LES MILLS BODYBALANCE</b> 55' (Virtual Class) 11:00AM - 11:55AM	<b>LES MILLS SH'BAM</b> 45' (Virtual Class) 11:00AM - 11:45AM	<b>LES MILLS BODYCOMBAT</b> 45' (Virtual Class) 10:15AM - 11:00AM	<b>LES MILLS BODYBALANCE</b> 55' (Virtual Class) 10:20AM - 11:20AM
					<b>LES MILLS BODYBALANCE</b> 45' (Virtual Class) 11:05AM - 11:50AM	<b>LES MILLS SH'BAM</b> 45' (Virtual Class) 11:30AM - 12:15PM
<b>LES MILLS BODYPUMP</b> 45' (Virtual Class) 4:00PM - 4:45PM	<b>LES MILLS BODYCOMBAT</b> 55' (Virtual Class) 4:00PM - 5:00PM	<b>LES MILLS BODYPUMP</b> 45' (Virtual Class) 4:00PM - 4:45PM	<b>LES MILLS BODYCOMBAT</b> 45' (Virtual Class) 4:00PM - 4:45PM	<b>LES MILLS BODYPUMP</b> 45' (Virtual Class) 4:00PM - 4:45PM	<b>LES MILLS SH'BAM</b> 45' (Virtual Class) 12:00PM - 12:45PM	<b>LES MILLS BODYCOMBAT</b> 45' (Virtual Class) 12:30PM - 1:15PM
<b>LES MILLS CORE</b> 30' (Live Class) 5:00PM - 5:30PM	<b>LES MILLS BODYPUMP</b> 55' (Live Class) 5:30PM - 6:25PM	<b>LES MILLS BODYBALANCE</b> 55' (Virtual Class) 4:55PM - 5:55PM	<b>LES MILLS BODYATTACK</b> 45' (Live Class) 5:30PM - 6:15PM	<b>LES MILLS CORE</b> 30' (Virtual Class) 5:00PM - 5:30PM		
<b>LES MILLS BODYPUMP</b> 45' (Live Class) 5:35PM - 6:20PM	<b>LES MILLS CORE</b> 30' (Virtual Class) 6:30PM - 7:00PM	<b>LES MILLS BODYPUMP</b> 45' (Live Class) 6:00PM - 6:45PM	<b>LES MILLS BODYPUMP</b> 45' (Live Class) 6:20PM - 7:05PM	<b>LES MILLS BODYBALANCE</b> 30' (Virtual Class) 5:45PM - 6:15PM		
<b>LES MILLS BODYBALANCE</b> 55' (Virtual Class) 6:30PM - 7:30PM	<b>LES MILLS BODYBALANCE</b> 55' (Virtual Class) 7:10PM - 8:10PM	<b>LES MILLS CORE</b> 30' (Live Class) 6:55PM - 7:25PM	<b>LES MILLS CORE</b> 30' (Virtual Class) 7:10PM - 7:40PM	<b>LES MILLS BODYCOMBAT</b> 30' (Virtual Class) 6:30PM - 7:00PM		
<b>LES MILLS BODYCOMBAT</b> 30' (Virtual Class) 7:35PM - 8:05PM		<b>LES MILLS BODYCOMBAT</b> 45' (Virtual Class) 7:30PM - 8:15PM	<b>LES MILLS BODYBALANCE</b> 30' (Virtual Class) 7:45PM - 8:15PM			

 - LIVE CLASS

 Virtual Class  
No Instructor Required

## Autumn 2024 Group Exercise Timetable

Room: Aquatic

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>AQUA FIT</b> 8:45AM - 9:30AM	<b>AQUA FIT</b> 9:00AM - 9:45AM	<b>AQUA MOVERS</b> 8:45AM - 9:30AM	<b>AQUA MOVERS</b> 9:30AM - 10:15AM		
<b>AQUA MOVERS</b> 11:15AM - 12:00PM			<b>AQUA MOVERS</b> 9:45AM - 10:30AM	<b>AQUA MOVERS</b> 10:30AM - 11:15AM		
<b>AQUA MOVERS</b> 12:15PM - 1:00PM		<b>AQUA MOVERS</b> 12:15PM - 1:00PM				

# Autumn 2024 Group Exercise Timetable

Room: Cycle Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
45' 6:00AM - 6:45AM	30' 6:00AM - 6:30AM	45' 6:30AM - 7:15AM	45' 6:00AM - 6:45AM	30' 6:00AM - 6:30AM	45' 8:30AM - 9:15AM	30' 8:15AM - 8:45AM
30' 7:00AM - 7:30AM	45' 6:35AM - 7:20AM	30' 7:20AM - 7:50AM	30' 6:50AM - 7:20AM	45' 6:35AM - 7:20AM	30' 9:30AM - 10:00AM	45' 9:35AM - 10:20AM
45' 9:30AM - 10:15AM	45' 9:20AM - 10:05AM	45' 9:20AM - 10:05AM	45' 9:30AM - 10:15AM	45' 9:20AM - 10:05AM	45' 10:10AM - 10:55AM	30' 10:30AM - 11:00AM
30' 10:30AM - 11:00AM	30' 10:20AM - 10:50AM	30' 10:20AM - 10:50AM	30' 10:30AM - 11:00AM	30' 10:20AM - 10:50AM	30' 11:10AM - 11:40AM	45' 11:15AM - 12:00PM
45' 4:00PM - 4:45PM	30' 4:00PM - 4:30PM	45' 4:00PM - 4:45PM	30' 4:00PM - 4:30PM	45' 4:00PM - 4:45PM		
30' 5:00PM - 5:30PM	30' 4:45PM - 5:15PM	30' 5:00PM - 5:30PM	45' 4:45PM - 5:30PM	30' 5:00PM - 5:30PM		
30' 5:45PM - 6:15PM	45' 5:30PM - 6:15PM	30' 5:45PM - 6:15PM	45' 5:45PM - 6:30PM	45' 5:45PM - 6:30PM		
45' 6:30PM - 7:15PM	30' 7:15PM - 7:45PM	45' 6:30PM - 7:15PM	30' 6:45PM - 7:15PM	30' 6:45PM - 7:15PM		

- LIVE CLASS

Virtual Class  
No Instructor Required



# Autumn 2024 Group Exercise Timetable

Room: Functional Training Studio



South East  
Leisure

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>SELcius</b> 6:00AM - 6:45AM		<b>SELcius</b> 6:00AM - 6:45AM			
						<b>SELcius</b> 9:45AM - 10:00AM
<b>SELcius</b> 5:30PM - 6:15PM	<b>SELcius</b> 6:30PM - 7:15PM	<b>SELcius</b> 6:00PM - 6:45PM	<b>SELcius</b> 5:00PM - 5:45PM			

# Autumn 2024 Group Exercise Timetable

Room: Reformer Studio



South East  
Leisure

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>REFORMER PILATES</b> LOWER BODY (EXPRESS) <b>6:00am</b> (15min - 25min)	<b>REFORMER PILATES</b> CORE (EXPRESS) <b>6:00am</b> (15min - 25min)	<b>REFORMER PILATES</b> LOWER BODY (EXPRESS) <b>6:00am</b> (15min - 25min)	<b>REFORMER PILATES</b> LIVE (FULL) <b>6:15am</b> (45min - 50min)	<b>REFORMER PILATES</b> LIVE (FULL) <b>6:15am</b> (45min - 50min)		
<b>REFORMER PILATES</b> LIVE (FULL) <b>6:35am</b> (45min - 50min)	<b>REFORMER PILATES</b> LEVEL 1 (EXPRESS) <b>6:50am</b> (20min - 30min)	<b>REFORMER PILATES</b> ATHLETIC (EXPRESS) <b>6:40am</b> (20min - 30min)	<b>REFORMER PILATES</b> LIVE (FULL) <b>7:05am</b> (45min - 50min)	<b>REFORMER PILATES</b> LIVE (FULL) <b>7:05am</b> (45min - 50min)		
<b>REFORMER PILATES</b> BEGINNER (FULL) <b>7:30am</b> (40min - 50min)	<b>REFORMER PILATES</b> BEGINNER (FULL) <b>7:30am</b> (35min - 50min)	<b>REFORMER PILATES</b> LIVE (EXPRESS) <b>7:20am</b> (20min - 30min)	<b>REFORMER PILATES</b> BEGINNER (FULL) <b>9:00am</b> (40min - 50min)	<b>REFORMER PILATES</b> BEGINNER (FULL) <b>9:00am</b> (40min - 50min)	<b>REFORMER PILATES</b> LIVE (FULL) <b>8:15am</b> (45min - 50min)	<b>REFORMER PILATES</b> ATHLETIC (FULL) <b>8:15am</b> (40min - 50min)
<b>REFORMER PILATES</b> LIVE (EXPRESS) <b>10:00am</b> (25min - 30min)	<b>REFORMER PILATES</b> LEVEL 1 (EXPRESS) <b>9:25am</b> (20min - 30min)	<b>REFORMER PILATES</b> LIVE (FULL) <b>10:00am</b> (45min - 50min)	<b>REFORMER PILATES</b> LIVE (FULL) <b>10:00am</b> (45min - 50min)	<b>REFORMER PILATES</b> LIVE (FULL) <b>10:00am</b> (45min - 50min)	<b>REFORMER PILATES</b> LIVE (FULL) <b>9:30am</b> (45min - 50min)	<b>REFORMER PILATES</b> LEVEL 2 (FULL) <b>9:30am</b> (40min - 50min)
<b>REFORMER PILATES</b> LEVEL 1 (FULL) <b>11:00am</b> (40min - 50min)	<b>REFORMER PILATES</b> LIVE (FULL) <b>10:00am</b> (45min - 50min)	<b>REFORMER PILATES</b> BEGINNER (FULL) <b>11:00am</b> (40min - 50min)	<b>REFORMER PILATES</b> LEVEL 1 (FULL) <b>11:00am</b> (40min - 50min)	<b>REFORMER PILATES</b> BEGINNER (FULL) <b>11:00am</b> (40min - 50min)	<b>REFORMER PILATES</b> BEGINNER (FULL) <b>10:30am</b> (40min - 50min)	<b>REFORMER PILATES</b> LEVEL 1 (FULL) <b>10:30am</b> (40min - 50min)
<b>REFORMER PILATES</b> LEVEL 2 (FULL) <b>12:00pm</b> (40min - 50min)	<b>REFORMER PILATES</b> BEGINNER (FULL) <b>12:00pm</b> (40min - 50min)	<b>REFORMER PILATES</b> LEVEL 1 (FULL) <b>12:00pm</b> (40min - 50min)	<b>REFORMER PILATES</b> ATHLETIC (FULL) <b>12:00pm</b> (40min - 50min)	<b>REFORMER PILATES</b> LEVEL 1 (FULL) <b>12:00pm</b> (40min - 50min)	<b>REFORMER PILATES</b> LEVEL 1 (FULL) <b>11:30am</b> (40min - 50min)	<b>REFORMER PILATES</b> BEGINNER (FULL) <b>11:30am</b> (40min - 50min)
<b>REFORMER PILATES</b> CORE (EXPRESS) <b>4:00pm</b> (15min - 25min)	<b>REFORMER PILATES</b> LOWER BODY (EXPRESS) <b>4:00pm</b> (15min - 25min)	<b>REFORMER PILATES</b> CORE (EXPRESS) <b>4:00pm</b> (15min - 25min)	<b>REFORMER PILATES</b> LOWER BODY (EXPRESS) <b>4:00pm</b> (15min - 25min)	<b>REFORMER PILATES</b> CORE (EXPRESS) <b>4:00pm</b> (15min - 25min)	<b>REFORMER PILATES</b> LEVEL 2 (FULL) <b>12:30pm</b> (40min - 50min)	<b>REFORMER PILATES</b> CORE (EXPRESS) <b>12:30pm</b> (15min - 25min)
<b>REFORMER PILATES</b> LEVEL 2 (FULL) <b>4:30pm</b> (40min - 50min)	<b>REFORMER PILATES</b> ATHLETIC (FULL) <b>4:30pm</b> (40min - 50min)	<b>REFORMER PILATES</b> BEGINNER (FULL) <b>4:30pm</b> (40min - 50min)	<b>REFORMER PILATES</b> ATHLETIC (FULL) <b>4:30pm</b> (40min - 50min)	<b>REFORMER PILATES</b> BEGINNER (FULL) <b>4:30pm</b> (40min - 50min)	<b>REFORMER PILATES</b> ATHLETIC (FULL) <b>1:30pm</b> (40min - 50min)	<b>REFORMER PILATES</b> LOWER BODY (EXPRESS) <b>1:00pm</b> (15min - 25min)
<b>REFORMER PILATES</b> LIVE (FULL) <b>5:30pm</b> (45min - 50min)	<b>REFORMER PILATES</b> LIVE (EXPRESS) <b>5:50pm</b> (25min - 30min)	<b>REFORMER PILATES</b> LEVEL 1 (EXPRESS) <b>5:25pm</b> (20min - 30min)	<b>REFORMER PILATES</b> LIVE (FULL) <b>5:30pm</b> (45min - 50min)	<b>REFORMER PILATES</b> ATHLETIC (FULL) <b>5:30pm</b> (40min - 50min)		
<b>REFORMER PILATES</b> LIVE (FULL) <b>6:30pm</b> (45min - 50min)	<b>REFORMER PILATES</b> LIVE (FULL) <b>6:30pm</b> (45min - 50min)	<b>REFORMER PILATES</b> LIVE (FULL) <b>6:00pm</b> (45min - 50min)	<b>REFORMER PILATES</b> BEGINNER (FULL) <b>6:40pm</b> (35min - 45min)	<b>REFORMER PILATES</b> LEVEL 2 (FULL) <b>6:30pm</b> (40min - 50min)		
<b>REFORMER PILATES</b> LOWER BODY (EXPRESS) <b>7:30pm</b> (15min - 25min)	<b>REFORMER PILATES</b> CORE (EXPRESS) <b>7:30pm</b> (15min - 25min)	<b>REFORMER PILATES</b> LEVEL 2 (FULL) <b>7:05pm</b> (40min - 50min)	<b>REFORMER PILATES</b> CORE (EXPRESS) <b>7:30pm</b> (15min - 25min)			

- LIVE CLASS

VIRTUAL CLASSES

- BEGINNER

- LEVEL 1

- LEVEL 2

- ATHLETIC

- CORE



- LOWER BODY

# Autumn 2024 Group Exercise Timetable

Room: Wellness Studio



South East  
Leisure

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>LES MILLS BODYBALANCE</b> 6:35AM - 7:20AM	<b>IYENGAR YOGA</b> 8:30AM - 9:30AM	
<b>LITE PACE FITNESS</b> 9:00AM - 9:45AM	<b>PILATES</b> 9:00AM - 9:45AM	<b>PILATES</b> 9:00AM - 9:45AM	 <b>ZUMBA</b> gold 9:45AM - 10:30AM			
<b>LES MILLS BODYBALANCE</b> 9:55AM - 10:55AM	<b>TAI CHI</b> 10:00AM - 10:45AM	<b>LES MILLS BODYBALANCE</b> 10:00AM - 11:00AM	<b>VINYASA YOGA</b> 10:35AM - 11:35AM	<b>YIN YOGA</b> 10:35AM - 11:35AM		
<b>VINYASA YOGA</b> 6:30PM - 7:30PM	 <b>ZUMBA</b> 5:00PM - 5:45PM	<b>LES MILLS BODYBALANCE</b> 6:00PM - 6:45PM		<b>LES MILLS BODYBALANCE</b> 5:30PM - 6:15PM		
	<b>LES MILLS BODYBALANCE</b> 7:00PM - 7:45PM	<b>YIN YOGA</b> 7:30PM - 8:30PM	<b>YIN YOGA</b> 7:30PM - 8:30PM			

## AQUA FIT

A low-joint impact class in shallow water for all fitness levels. Exercises are designed to increase your heart rate and strengthen your abdominals, buttocks and thighs. Low impact and medium intensity.

## AQUA MOVERS

Designed for individuals of all levels of ability and mobility aged 50 years and over. 'Aqua Movers' is a simple water based exercise class.

## LES MILLS BODYATTACK

BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

## LES MILLS BODYBALANCE

BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

## LES MILLS BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps)

BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

## LES MILLS CORE

LES MILLS CORE provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

## LES MILLS RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

## LES MILLS BODYBALANCE

The Virtual Body Balance class offers a comprehensive and mindful approach to fitness that combines elements of strength, flexibility, stability, and relaxation. This class is designed to help participants achieve physical equilibrium, enhance body awareness, and promote overall well-being, all in a virtual setting that provides convenience and accessibility.

## LES MILLS BODYCOMBAT

The Virtual Les Mills Body Combat class brings the energy and intensity of martial arts-inspired training to your virtual fitness space. This exhilarating workout combines powerful moves from various disciplines, such as boxing, kickboxing, Muay Thai, and more, all set to motivating music. Whether you're a fitness enthusiast or a beginner, this class offers a high-energy, full-body workout that challenges your cardiovascular fitness, strength, and coordination.

## LES MILLS BODYPUMP

The Virtual Les Mills Body Pump class offers a full-body strength training workout set to energizing music, combining the benefits of resistance training with the motivation of group fitness. Using a barbell and adjustable weights, this class is designed to sculpt, tone, and strengthen your muscles while providing a dynamic and engaging fitness experience in a virtual setting.

## LES MILLS CORE

The Virtual Les Mills Core class is a specialized virtual fitness experience designed to target and strengthen the core muscles through a variety of exercises and techniques. This class is focused on helping participants develop a strong and stable core, which is essential for overall functional fitness, posture, and balance.

## LES MILLS RPM

The Virtual Les Mills RPM class offers an exhilarating virtual cycling experience that combines high-intensity cardio with inspiring music and immersive visual elements. This dynamic indoor cycling workout takes participants on a virtual journey through various terrains, challenging their cardiovascular endurance, leg strength, and mental stamina.

## LES MILLS SH'BAM

The Virtual Les Mills SH'BAM class is a dynamic virtual dance workout that combines high-energy choreography, vibrant music, and a positive atmosphere to create an exhilarating fitness experience. This class is designed to help participants unleash their inner dancer, boost cardiovascular fitness, and have fun while breaking a sweat.

## LES MILLS SPRINT

The Virtual Les Mills SPRINT class is a high-intensity interval training (HIIT) workout designed to challenge participants' cardiovascular fitness and boost overall athletic performance. Using a stationary bike, this virtual cycling experience offers short bursts of intense effort followed by active recovery periods, delivering an efficient and exhilarating workout.

## COACH BY COLOR®

The Coach By Colour program uses state of the art bikes that allows users to monitor their training zones through a simple colour index. Each participant's training zones are configured to match their current level of fitness, ensuring a unique workout experience. With no additional equipment required, the Coach By Colour program is easy to start up and follow along with the instructor, all while enjoying the group energy and great music

## SELJUS

Designed to push your fitness limits and elevate your overall functional strength, endurance, and cardiovascular fitness. This dynamic and intense workout program combines functional movements with high-intensity intervals, using MyZone technology to enhance the member experience.

## SELJUS -BOX

Offers an invigorating and dynamic fitness experience that combines the art of boxing with the benefits of high-intensity interval training. This class is designed to boost your cardiovascular endurance, full-body strength, agility, and mental focus while learning essential boxing techniques.

## ZUMBA

Zumba is an interval workout. The classes move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance.

## SWIMFIT

SwimFIT is an adult social swimming squad for all swimmers from beginners to experienced triathletes. These sessions are a great opportunity to build a social connection with other lap swimmers, as well as receive expert tips and advice on stroke correction to assist in training for open water events, or just to build fitness. Cost of the session is \$6.90 for casual, or FREE for members

## PILATES

Mat Pilates is a Pilates training practice that can be done on a mat. In this class, you hold movements like planks, side planks, and core exercises to build your muscle groups and core strength

## YIN YOGA

Yin Yoga is a quiet contemplative practice. It targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, the deep fascia networks of the body and the meridians.

## VINYASA YOGA

The Vinyasa Yoga class offers a dynamic and fluid approach to yoga practice, focusing on the synchronization of breath and movement. Through a series of creatively sequenced postures, participants will experience a harmonious flow that enhances strength, flexibility, mindfulness, and inner balance.

## POWER YOGA

The Power Yoga class offers a dynamic and vigorous approach to yoga practice that focuses on strength, endurance, flexibility, and mindfulness. This class combines flowing sequences, challenging poses, and breath control to create an empowering and invigorating yoga experience.

## IYENGAR YOGA

Iyengar Yoga focuses on three aspects: alignment, sequencing and timing. Alignment means maintaining the intended pose while respecting the body's boundaries. Iyengar yoga encourages the use of props to assist students within an asana without putting them at risk of injury.

## TAI CHI

The Tai Chi class offers a holistic and mindful approach to movement, focusing on gentle, flowing sequences that promote physical harmony, mental tranquility, and inner balance. Rooted in ancient Chinese traditions, this class provides a serene and rejuvenating experience that enhances flexibility, relaxation, and overall well-being.

## REFORMER PILATES

The Reformer Pilates class offers a dynamic and effective workout that combines Pilates principles with the use of specialized equipment called a Reformer. This class focuses on improving core strength, flexibility, muscular balance, and overall body awareness. Through controlled movements and varying resistance levels, participants will experience a full-body workout that promotes alignment, stability, and functional movement.

## VIRTUAL REFORMER PILATES

A Virtual Reformer Pilates class offers a range of categories, from Beginner, Intermediate (Level 1) and Advanced (Level 2), as well as targeted classes such as Athletic, Core and Lower Body. The virtual experience is conducted in both Full (35min - 50min) and Express (15min - 25min) formats. It is a complete dynamic and effective workout that combines Pilates principles with the use of specialized equipment called a Reformer.

## LITE PACE FITNESS

Suitable for beginners or those wanting a light- paced workout, Lite Pace provides the foundation to build aerobic fitness and muscle conditioning. This is a popular class among women returning to exercise, those wanting to learn exercise technique, and improve overall health and fitness in a slower setting.