

# HARSPA CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>AQUA CIRCUIT</b> with Dan 9 - 9.45AM  Members: free Non-members: £10	<b>YOGA</b> with Becca 9.30 - 10.30AM  Members: £8 Non-members: £9	<b>AQUA CIRCUIT</b> with Dan 9 - 9.45AM  Members: free Non-members: £10	<b>AQUA CIRCUIT</b> with Beata 9 - 9.45AM  Members: free Non-members: £10
		<b>YOGA</b> with Becca 5.45 - 6.45PM  Members: £8 Non-members: £9		
<b>PILATES</b> with Beata 6.30 - 7.30PM  Members: free Non-members: £10	<b>LEGS, BUMS &amp; TUMS</b> with Beata 6.30 - 7.30PM  Members: free Non-members: £8	<b>AQUA AEROBICS</b> with Beata 6.45 - 7.30PM  Members: free Non-members: £10		
		<b>YOGA</b> with Becca 7 - 8PM  Members: £8 Non-members: £9		

 MODERATE

 INTERMEDIATE

 HIGH INTENSITY

## CLASS DETAILS

### PILATES

Concentrating on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

### AQUA CIRCUIT

A series of different low impact exercises. Strengthening and toning, workout using the resistance of water for maximum fitness improvements.

### AQUA AEROBICS

A mixture of low impact aerobic exercises. Strengthening and toning workout using the resistance of water for maximum fitness improvements.

### LEGS, BUMS & TUMS

Specific exercises to work on those areas - a 15-minute fat burner followed by resistance exercises using the weight of your body or rubber bands and free weights for maximum effect.

### YOGA

Candlelit yoga involves stretching, meditation and breathing practices that will help rejuvenate, build strength and soothe the whole body and mind.

Bookable with Becca. Email: [becca@yogabee.co.uk](mailto:becca@yogabee.co.uk)