

Elthorne Sports Centre

Group Exercise Programme

KEY **1** Studio 1 **2** Studio 2 **3** Main Hall
 Please check with reception before attending to avoid disappointment.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
10:00 - 11:00							Yoga 2	10:00 - 11:00
18:00 - 19:00	Pilates 2							18:00 - 19:00
19:00 - 20:00	Circuits 1			Circuits 1				19:00 - 20:00

Class Descriptions

TONING AND STRENGTH

Circuits Achieve a full body workout, involving both cardiovascular and resistance exercises to motivating music to get you 'real results'.

UNWIND & RE-ENERGISE

Pilates These sessions are designed to concentrate on slow and measured movements in order to create lean and stronger muscles around your torso. A gentle but highly effective session for improving posture, flexibility and preventing injury.


Yoga One of the worlds most practiced spiritual disciplines. Developed over thousands of years these sessions concentrate on bringing balance and harmony to both body and mind, through postures and breath. They can help to boost the immune system, encourage relaxation & correct posture alignment.


Tell us how your workout went by using the hashtag **#feelbetterforit**

Timetable correct as of April 2018. Any updates to this timetable will be made online at www.everyoneactive.com

Studio time is available for hire. Please contact the Centre Reception for details.

Book your class using our free app or online at www.everyoneactive.com

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