**Class Descriptions**

**SPECIALITIES**

**Boxercise™**
A self-defence based fitness session that is fun and non-contact, providing a great workout for all fitness levels. Concentrating on boxing moves in a circuit format, this session will effectively tone the upper body and increase stamina and strength.  

**Tai Chi**
Taken from Chinese methods of breathing and self-defence, this session will help you to feel more balanced and leave you breathing more deeply.

**Body Conditioning**
Exactly what it says on the tin! A session that tones up and strengthens all those key areas like your bum, legs and arms whilst challenging your heart and lungs with some fun calorie burning exercises.

**UNWIND & RE-ENERGISE**

**Yoga**
One of the world’s most practiced spiritual disciplines. Developed over thousands of years these sessions focus on bringing balance and harmony to both body and mind, through postures and breath. They can help to boost the immune system, reduce stress and encourage correct posture alignment.

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**Group Exercise Programme**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>10:00 - 11:00</td>
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<td>Body Conditioning M</td>
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<td>11:00 - 12:30</td>
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<td>Yoga U</td>
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<td>11:15 - 12:45</td>
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<td>18:30 - 20:00</td>
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<td>Yoga U</td>
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<td>19:00 - 20:00</td>
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<td>Boxercise™</td>
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<td>Body Conditioning E1</td>
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<td>20:00 - 20:45</td>
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<td>Tai Chi</td>
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<td>Tai Chi</td>
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**KEY**

1. Studio 1
2. Studio 2
3. Main Hall

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

@eaTwyford
everyoneactive.com

Twyford Sports Centre
Group Exercise Programme

Please check with reception before attending to avoid disappointment.

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

Timetable correct as of September 2017. 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.

Studio 1
Studio 2
Main Hall

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