

Elthorne Sports Centre

Group Exercise Programme

KEY ■ Studio 1 ■ Studio 2

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
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

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.

Timetable correct as of April 2019. 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.

Tell us how your workout went by using the hashtag [#feelbetterforit](https://twitter.com/feelbetterforit)