# Noak Hill Sports Complex

## Group Exercise Programme

**Key**
- **Sports Hall / Outside**
- **Sports Hall**
- **Function Room**
- This activity incurs an additional charge

### Class Descriptions

**Specialities**
- **Box Fitness**: A fun, non-contact boxing class 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.
- **Zumba® Gold™**: Takes the Zumba® formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to fit and healthy lifestyles.
- **Boot Camp**: If you are looking to lose weight, tone-up, improve your aerobic fitness, strength, stamina, endurance, energy levels plus feel better then you have come to the right session. These sessions are designed to be fun and challenging at the same time. Sessions will vary week to week.
- **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.

### Timetable

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<th>THURSDAY</th>
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- **2**: Sports Hall
- **3**: Function Room

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

Book your class using our free app or online at [www.everyoneactive.com](http://www.everyoneactive.com)