

Pilates

Ideal for building strength in the postural muscles of the stomach and back. Also improves flexibility while toning and shaping the body.

5-Weekly!

Oakgrove now offers 5 free weekly classes for members to enjoy...Swiss Ball Sculpting, After Effects and Fun Fridays!

Aqua Aerobics

Total body workout in the water. An easy, effective and enjoyable way to aerobic fitness, and overall body toning and mobility.

N.B. Participants must bring a personal towel to all gym classes. A minimum of 6 participants needed for a class to go ahead.



Morning Classes

Monday 10.00 am	Aqua Aerobics
Tuesday 10.00 am	Pilates- Inter/Adv
Wednesday 10.00 am	5-Weekly! – After Effects
Friday 10.00 am	5-Weekly! – Fun Fridays!
Saturday 10:00 am	5-Weekly! !- Cardio & Resistance Training



Evening Classes

Monday 7.00 pm	Pilates - Beg/Inter
Tuesday 6.00 pm	5-Weekly! – Swiss Ball Sculpting
Wednesday 7.00 pm	Pilates – Beginners
Thursday 6.00 pm	5-Weekly! After Effects