

# class timetable

## oakgrove leisure centre

### Pilates

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

### Yoga

Yoga practice is an exhilarating force of release for both body and mind - the release of muscle tension for flow of prana (energy) and the release of stress for the mind through breathing practices.

### 4-Weekly!

Oakgrove now offers 4 free weekly classes for members to enjoy: Swiss Ball Sculpting; After Effects Fat Burn (x 2) and Fun Friday!

### 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

## morning classes

### monday

10:00

Aqua Aerobics

### tuesday

10:00

Pilates - continuation

### wednesday

10:00

4-Weekly! After Effects!

10:45

Pilates - beginners

### thursday

10:00

Hatha Yoga - intermediate

### friday

10:00

4-Weekly! Fun Fridays!

## evening classes

### monday

07:00

Pilates - advanced

### tuesday

06:00

4-Weekly! Swiss Ball Sculpting

07:00

Hatha Yoga - beginners

### wednesday

07:00

Pilates - beginners

09:00

Adults Swimming (All Levels)

### thursday

06:00

4-Weekly! After Effects!

07:00

Pilates - intermediate

### friday