

Join us for zoom classes on www.wickwoodswellbeing.co.uk

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Pyramid with Eszter 08:15-08:45 LIVE			Rise & Shine Yoga with Val 08:15-09:00 LIVE	Body Blitz with Colin 08:15-09:00 LIVE	Tai-Chi with Mike 08:15-09:15 LIVE
Combat with Alice 09:15-10:00 LIVE	Fit Flow Yoga with Jane G 09:15 - 10:00 LIVE	Move with Tina 09:15-10:00 LIVE	LBT with Mandi 09:15-10:00 LIVE	Pulse with Lucy 09:15-10:00 LIVE	Barre Sculpt with Abi 09:15-10:00 LIVE	Yoga Vinyasa with Yvonne 09:30-10:15 LIVE
Pilates with Penny 10:15 - 11:00 LIVE	Supple Strength with Carolyn 10:15-11:00 LIVE	Core Release with Tina 10:15-11:00 LIVE	Senior Pilates with Penny 10:15-11:00 LIVE	Dynamic Pilates with Abi 10:15-11:00 LIVE	Cardio Kicks with Alice 10:15-11:00 LIVE	
				Hatha Yoga with Jane G 16:15-17:00 LIVE		
HIIT with Tina 17:15-17:45 LIVE	Zumba with Jane L 17:15-18:00 LIVE	HIIT with Eszter 17:15-17:45 LIVE	Cardio Blast with the Gym Team 17:15-17:45 LIVE			
Dumbbells with Tina 18:15-19:00 LIVE	Pilates with Abi 18:15 - 19:00 LIVE	Yin Yang Yoga with Bella 18:15-19:30 LIVE	Yoga Nidra with Jonathan 18:15-18:45 LIVE			

CLASS DESCRIPTIONS

Barre Sculpt

This class is a fusion of Ballet, Pilates and yoga. Incorporating the strengthening aspect of Pilates, the focus of Yoga and the grace of a ballet dancer, this class is a total body workout that will sculpt and tone every inch of the body. Barre Sculpt is a low impact, dynamic, moderate-high intensity workout choreographed to music.

Body Blitz

The class begins with 15 minutes of High Intensity Interval training (HIIT) followed by body conditioning work. This class is fantastic for improving cardiovascular fitness, muscle strength and toning. Suitable for those looking for a high intensity cardiovascular workout.

Cardio Kicks

Cardio Kicks is a high intensity aerobics class that incorporates upper and lower body combat moves that will give you a full body workout. This class often uses light hand weights to intensify the workout.

Combat

Our aerobic martial arts class. Using combinations of kicks, punches, and full body movements to get a complete body workout challenging the body and mind.

Core Fitness

An intense 45 minute workout focussed on all elements of core strength.

Core Release

Our updated name for our popular Stretch & Tone class. A fusion of core and resistance exercises with mobility and stretches that improve the way your body moves.

Dumbbells

If you enjoy Pump then this full body conditioning workout using dumbbells is for you.

Dynamic Pilates

Whilst still very much focussing on the Pilates fundamentals this class is designed to make you work a little harder than our regular Pilates class. Within this class exercises are grouped into threes, and flow from one to the next.

Fit Flow Yoga

An energetic and dynamic yoga flow to a soundtrack of ambient music. Utilising your bodyweight to flow through yoga postures helping to increase your mobility and flexibility through fluid movement. Breathing techniques will be utilised to help you work through the flow which will get your heart rate up and leave you feeling awake and energised, ready for the weekend.

Hatha Yoga

Incorporating the principles of gravity, breath and spine together with presence and attention, this is a class which combines traditional practices of Hatha yoga with 21st century knowledge of human movement. Offering a balance of active and passive movements, it is suitable for both beginner and the more experienced practitioner looking to broaden, refresh and refine their practice.

CLASS DESCRIPTIONS

HIIT

High intensity interval training. Short quick bursts of high intensity exercises that will get the heart rate up and burn calories.

LBT

Legs, bums and tums is a conditioning workout designed to tone and shape your lower body.

Move

Our updated name for our Body Conditioning class. Join Tina for a full out total body workout. Incorporating cardio and conditioning exercises designed to burn maximum calories and condition the body.

Pilates

Focussing on alignment, core strength and posture. We're well know for our Pilates classes, and have some of the best instructors around. Join one of our fantastic team everyday for your daily fix of Pilates

Pyramid

Push yourself with our newest class on the timetable. This class is about reps & time. This high intensity style workout is structured like a pyramid. Each round the intensity will increase whilst your reps of each exercise decrease.

Senior Pilates

Designed specifically for our older members. Join our fabulous instructor Penny as she takes you through a 45-minute Pilates class, followed by a 15-minute relaxation.

Stretch & Tone

Fusing yoga, Pilates & conditoning together into a full body workout that will tone those hard to get areas, and leave you feeling stretched and mobilised.

Yin Yang Yoga

This class starts with the Yang, a more dynamic, active vinyasa flow that will strengthen and invigorate the mind & body. This is then followed by Yin , a restorative form of yoga that is focussed on long held passive poses, encouraging flexibility, relaxation, and bringing balance and connection to the mind & body.

Zumba

Zumba is a popular fitness programme inspired by Latin dance. The word "Zumba" comes from a Colombian word that means to move fast and have fun, which is just how people describe the routine. Using upbeat Latin music together with cardiovascular exercise, Zumba is aerobic dancing that is lots of fun and easy to learn!