

Join us for zoom classes on [www.wickwoodswellbeing.co.uk](http://www.wickwoodswellbeing.co.uk)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Pyramid with Eszter 08:15-08:45 <b>LIVE</b>			Rise & Shine Yoga with Val 08:15-09:00 <b>LIVE</b>	Body Blitz with Colin 08:15-09:00 <b>LIVE</b>	Tai-Chi with Mike 08:15-09:15 <b>LIVE</b>
Combat with Alice 09:15-10:00 <b>LIVE</b>	Fit Flow Yoga with Jane G 09:15 - 10:00 <b>LIVE</b>	Move with Tina 09:15-10:00 <b>LIVE</b>	LBT with Mandi 09:15-10:00 <b>LIVE</b>	Pulse with Lucy 09:15-10:00 <b>LIVE</b>	Barre Sculpt with Abi 09:15-10:00 <b>LIVE</b>	Yoga Vinyasa with Yvonne 09:30-10:15 <b>LIVE</b>
Pilates with Penny 10:15 - 11:00 <b>LIVE</b>	Supple Strength with Carolyn 10:15-11:00 <b>LIVE</b>	Core Release with Tina 10:15-11:00 <b>LIVE</b>	Senior Pilates with Penny 10:15-11:00 <b>LIVE</b>	Dynamic Pilates with Abi 10:15-11:00 <b>LIVE</b>	Cardio Kicks with Alice 10:15-11:00 <b>LIVE</b>	
				Hatha Yoga with Jane G 16:15-17:00 <b>LIVE</b>		
HIIT with Tina 18:00-18:30 <b>LIVE</b>	Zumba with Jane L 17:15-18:00 <b>LIVE</b>	HIIT with Eszter 17:15-17:45 <b>LIVE</b>	Cardio Blast with the Gym Team 17:15-17:45 <b>LIVE</b>			
Yoga Stretch with Tina 18:35-19:10 <b>LIVE</b>	Pilates with Abi 18:15 - 19:00 <b>LIVE</b>	Yin Yang Yoga with Bella 18:15-19:30 <b>LIVE</b>	Yoga Nidra with Jonathan 18:15-18:45 <b>LIVE</b>			

# 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!