

HARSPA CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	AQUA CIRCUIT with Dan 9 - 9.45AM  Members: free Non-members: £8	YOGA with Becca 9.30 - 10.30AM  £7 per session or £33 for 6-weeks		AQUA CIRCUIT with Beata 9 - 9.45AM  Members: free Non-members: £8
PILATES with Beata 6.30 - 7.30PM  Members: free Non-members: £6	LEGS, BUMS & TUMS with Beata 6.30 - 7.30PM  Members: free Non-members: £4	YOGA with Becca 5.45 - 6.45PM  £7 per session or £33 for 6-weeks		
		AQUA AEROBICS with Beata 7 - 7.45AM  Members: free Non-members: £8		
		YOGA with Becca 7 - 8PM  £7 per session or £33 for 6-weeks		

CLASS DETAILS

PILATES

Concentrating on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

AQUA CIRCUIT

A series of different low impact exercises. Strengthening and toning, workout using the resistance of water for maximum fitness improvements.

AQUA AEROBICS

A mixture of low impact aerobic exercises. Strengthening and toning workout using the resistance of water for maximum fitness improvements.

LEGS, BUMS & TUMS

Specific exercises to work on those areas - a 15-minute fat burner followed by resistance exercises using the weight of your body or rubber bands and free weights for maximum effect.

YOGA

Candlelit yoga involves stretching, meditation and breathing practices that will help rejuvenate, build strength and soothe the whole body and mind.

Bookable with Becca. Email: Becca@yogabee.co.uk