

SOMERDALE PAVILION CLASS PROGRAMME

1ST JUNE - 31ST AUGUST 2021

SP GYM & CLASS MEMBERSHIP

£32 per month - Unlimited gym use and 16 classes per month*¹

PAYG option available - £7.00 per class

Member PAYG option - £4.00*²

*¹ £4.00 per class after attending 16 in one month.

*² Must hold a current membership to gain member PAYG option.

	TIMES	NAME OF CLASS	INSTRUCTOR	ROOM
MON	18:15—19:00	DANCE FIT	Chaz / Alex	Chandos
TUE	9:30—10:25	YOGA PILATES*	Kim	Chandos
	18:00—18:55	BARREX	Chaz / Alex	Chandos
WED	18:00 - 18:55	ASHTANGA YOGA*	Paula	Chandos
	10:30—11:25	HATHA YOGA*	Kim	Chandos
THU	17:15—18:00	BARBELL HIIT (WEEK ONE) HOOP FIT (WEEK TWO)	Mel Craven	Chandos
	18:15—19:00	DANCE FIT	Chaz / Alex	Chandos
FRI	09:30—10:25	BARREX	Chaz / Alex	Chandos
	10:40—11:30	DANCE FIT	Chaz / Alex	Chandos

BOOKINGS AVAILABLE

14 DAYS IN ADVANCE

[BOOK ONLINE](#)

*NO EXERCISE MATS WILL BE PROVIDED, PLEASE BRING YOUR OWN.

CLASS DESCRIPTIONS

ASHTANGA YOGA

A dynamic practice that improves strength, flexibility, balance and mindfulness. This powerful class challenges, awakens and purifies your body.

BARREX

BarreX is a class inspired by ballet technique and exercise used to sculpt and tone your body whilst improving mobility, posture and full body strength. All ages and abilities welcome.

DANCEFIT

This class involves dance and aerobics movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mango.

YOGA PILATES

This is a yoga based 'yoga/pilates' class, focussing on using the breath with yoga/pilates style movements to stretch, open, and tone the body, while developing flexibility, strength, balance and body awareness.. The moves will have more repetitions than normally found in a hatha yoga class, but class attendees will recognise most of the moves as from yoga. It will not be necessary to have attended either yoga or pilates classes before, and participants will be encouraged to work at their own rate and listen intuitively to their own bodies! YOU are your best teacher!

HATHA YOGA

An ancient asana practice focusing on breath, body and mind, challenging your balance, flexibility and strength. This dynamic practice awakens and purifies your body.

BARBELL / HOOP FIT

A weighted padded hoop or barbell that can be used in a class to give you a firm waistline, stronger core and strengthens muscles in the hips and legs. It also improves coordination and posture whilst burning fat.