

# SOMERDALE PAVILION CLASS PROGRAMME

From January 2024

## SP GYM & CLASS MEMBERSHIP

£32 per month - Unlimited gym & classes

PAYG option available - £7.00 per class

Member PAYG option - £4.00\*

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

BOOKINGS AVAILABLE

14 DAYS IN ADVANCE

[BOOK ONLINE](#)

\*PLEASE BRING YOUR OWN MAT WHERE POSSIBLE

	TIMES	NAME OF CLASS	INSTRUCTOR	ROOM
MON	18:15 - 19:05	DANCE FIT	Chaz	Chandos
	18:30 - 19:25	ASHTANGA YOGA*	Paula	Terrace
TUE	9:30 - 10:25	HATHA YOGA*	Kim	Chandos
	10:40 - 11:40	SOMO-Gentle Exercise (£3: MS Society Supported)	Kim	Chandos
	18:00 - 18:55	BARREX	Chaz	Chandos
	19:00 - 19:30	STRETCH*	Chaz	Chandos
WED	17:10 - 17:50	CIRC-HIIT	Liam / Sam	Terrace / Gym
	18:15 - 19:00	PILATES*	Laura	Chandos
	19:05 - 19:50	AEROBICS*	Kelly	Chandos
THU	09:15 - 10:10	PILATES*	Mel	Chandos
	10:20 - 11:00	REST & RELAX*	Mel	Chandos
	18:15 - 19:05	DANCE FIT	Chaz	Chandos
FRI	07:30 - 08:10	CIRC-HIIT	Liam / Sam	Terrace / Gym
	09:30 - 10:25	BARREX	Chaz	Chandos
	10:40 - 11:30	DANCE FIT	Chaz	Chandos

# CLASS DESCRIPTIONS

## AEROBICS

An energetic class combining classic, easy to follow, aerobic moves, with elements of strength training, for a total body workout set to music. Options for low or high impact adaptations will be provided throughout the class to suit your ability.

## 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.

## CIRC-HIIT

Circuit based class focusing on overall fitness & muscular endurance, including body weight & free weight exercises. Your heart will be pumping and sweat will be dripping!

## DANCEFIT

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

## PILATES

Pilates focuses on the strengthening of the core muscles by releasing the mind and body to recruit your core muscles. This workout also improves posture, balance & coordination. It will not be necessary to have attended Pilates classes before. Participants will be encouraged to work at their own rate and listen intuitively to their own bodies! YOU are your best teacher!

## REST & RELAX

A guided meditation and sound healing class designed to relax, restore and reset your body and mind. This class is open to everyone: just lay down or sit up and drift away!

## HATHA YOGA

This class focuses on breath, body and mind, challenging your balance, flexibility and strength. Hatha yoga is a holistic practice: the breath is used to guide you into all the postures (asanas) developed. It will not be necessary to have attended yoga 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! All postures can be modified/extended for different people and levels of fitness/flexibility. Everything can be adapted.