

## **Virtual fitness timetable class descriptions**

### **Ballet Fit**

An infusion of Ballet, Yoga and Pilates working on posture and toning top to toe.

### **HIIT**

Short bursts of interval training using intense anaerobic exercises to burn a large amount of calories in a limited amount of time.

### **Core**

Focuses on toning your core using body weight exercises.

### **Gentle Hatha Yoga**

A gentle yoga class, encompassing most yoga styles, postures and breathing techniques which help bring peace to the mind and the body.

### **Vinyasa Flow Yoga**

A style of yoga characterized by stringing postures together so that you can move from one to another, seamlessly, focusing on the breath.

### **LBT**

A traditional legs, bums and tums class, designed to tone and sculpt the lower body and core.

### **Pilates**

A mat-based exercise class to improve muscle control, flexibility and strength.

### **Holistic Balance**

A holistic workout combining pilates, yoga a tai chi to work on flexibility and build strength.

### **Body Conditioning**

A class to help you sculpt, tone and strengthen your whole body.

### **Barre**

Designed to shape and tone postural muscles, build core strength while incorporating classic ballet positions.

### **Stretch**

A non-impact class which focuses on stretching, mobility and flexibility.

### **Zumba**

A Latin inspired, calorie burning dance workout.