

# Audley Club Classes



## **Trainer Available** For general advice and Gym Inductions

Come & meet our Personal Trainer Nick Aish, who is also here to answer any questions and provide 1 on 1 advice and training.

## **Aquarobics** Improves the health of the heart and lungs.

This is a great way to exercise for people wanting to burn off calories, without the impact on the joints

## **Yoga** Helps your body find harmony and to heal itself

A great class with varied, easy to follow exercises for increasing muscle strength and building body awareness

## **Zumba** Dance based fitness regime

A fun, easy to follow dance based tone class suitable for all levels and which will improve overall fitness and body tone

## **Pilates** Body Conditioning

Helps build flexibility and core strength in major muscle groups, and aid breathing to relieve stress

	<b>Trainer Available</b>	<b>Aqua Aerobics</b>	<b>Yoga</b>	<b>Zumba</b>	<b>Pilates</b>
<b>Monday</b>	9am-12pm		2pm		
<b>Tuesday</b>					
<b>Wednesday</b>		9.30am			
<b>Thursday</b>	2pm-5pm				10am
<b>Friday</b>				1pm-2pm	
<b>Saturday</b>					
<b>Sunday</b>					