

Class Descriptions for Engage Your Core Fitness



General Fitness - This class consists of a mixture of cardiovascular (heart and lungs) training and strength (muscle) training. All can be done with low or high impact (your choice). All levels of fitness are welcome.

Beginner's Pilates - This is a slow controlled class that focuses on strengthening the core muscles, stabilising core muscles, and the pelvic floor muscles. Exercises coincide with breathing techniques to help you connect with your body and relax. This may help improve balance, posture, toning, flexibility, and mental health. Lots of instruction is given to help you learn the form of basic mat Pilates. Relaxing music is played to help you relax and feel comfortable. This class is aimed at people who are new to Pilates or the more experienced Pilates person who wants to improve on their Pilates form. All levels of fitness are welcome.

Pilates - As above with more challenging exercises. All levels of fitness welcome.

Intermediate Pilates - As above with the exercises being more challenging for the more experienced Pilates exerciser. Resistance bands, Pilates balls, sliders, and lite weights are sometimes incorporated to offer a full body workout. This class is not recommended for people that are new to Pilates.

Pilates Fusion – this is a class that combines Stretching, Pilates, balance, and relaxation techniques to help improve flexibility, core strength, and mental health. All exercises include breathing techniques to help you connect to your body and mind working together to bring full body synergy. All levels of fitness are welcome.

Lite Weights- this is a muscle conditioning class working with lite weights (normally dumbbells) of your choice, building muscle strength and toning. This class works on helping to strengthen the whole body using repetitive exercises to build strength and endurance. Some mat work on the floor is done in this class. Lite Weights can be done on a chair. All levels of fitness are welcome.

Circuit Training - This class is set out with stations around the hall, each station has one exercise that is carried out for a set time between 10-50 seconds, after this the next station is visited and so on until a complete circuit of exercises have been done. The circuit is completed two-three times, finishing with mat work on the floor. All levels of fitness are welcome.

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Balance and Leg Strength - This is a fun-filled, self-paced class designed to improve leg strength and balance. Using equipment and games to help improve cognitive thinking and balance at the same time. This class helps to build confidence in your stride and stronger legs. All levels of fitness are welcome. Please contact Micheala or Justin prior to starting this class.

Stretch - This is a slow stretch class that uses simple techniques to stretch the major muscle groups of the body while listening to relaxing music. This is a great way to get your body moving and may help you improve your flexibility. If you are new to exercise, or unsure of what class to attend, this is the one for you. All levels of fitness are welcome.

Core - This class works the core muscles of the body, helping improve strength and stamina. All levels of fitness are welcome.

Core & Stretch - This class works the core muscles of the body, helping improve strength and stamina. This is combined with slow stretches that uses simple techniques to stretch the major muscle groups of the body while listening to relaxing music. This is a great way to get your body moving and may help you improve your flexibility. If you are new to exercise, or unsure of what class to attend, this is the one for you. All levels of fitness are welcome.