

SOUTH WOODFORD LIBRARY & GYM

116 HIGH ROAD, SOUTH WOODFORD E18 2QS
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* These classes are taken by specialist instructors
and at times may have to be cancelled

STUDIO	6am	6.30	7am	7.30	8am	8.30	9am	9.30	10am	10.30	11am	11.30	12pm	12.30	1pm	1.30	2pm	2.30	3pm	3.30	4pm	4.30	5pm	5.30	6pm	6.30	7pm	7.30	8pm	8.30	9pm	9.30	
Monday									DANCE FUSION		YOGA	AEROTONE										YOUTH FITNESS		BOXCIRCUIT		AEROBICS		DANCE FUSION					
Tuesday								LEGS, BUMS & ABS	BOX-FIT			PILATES													ZUMBA	GYM CIRCUIT	LEGS, BUMS	PILATES					
Wednesday		GYM CIRCUIT							FIT & STRETCH			BODY BLITZ				ZUMBA									LEGS, BUMS & ABS	GYM CIRCUIT	STEP & TONE						
Thursday		BODY BLITZ					CORE & MORE	STRETCH & RELAX								FIT & STRETCH					YOUTH FITNESS		YOGA	LEGS, BUMS & ABS	ZUMBA								
Friday							HARDCORE ABS	ZUMBA					STRETCH & RELAX												LEGS, BUMS & ABS	PILATES							
Saturday						BODY BLITZ	AEROBICS	BODY MAX				BODY BLITZ	YOUTH FITNESS																				
Sunday										GYM CIRCUIT		YOUTH FITNESS			YOGA																		



**LET ZUMBA
FITNESS BE YOUR
STRESS RELIEVER**

**ALSO...
LAUGHING WHILE
WORKING OUT BURNS
EVEN MORE CALORIES!**



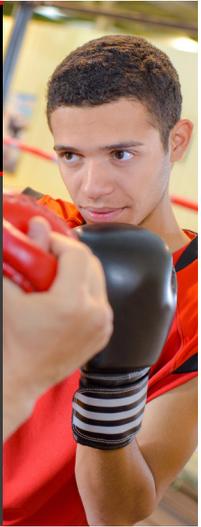
**HEALTH
BENEFITS
OF YOGA**

**INCREASE YOUR:
PHYSICAL ACTIVITY
STRENGTH
FLEXIBILITY
BALANCE**



BOX-FIT

**JOIN IN
THIS CHALLENGING,
FUN, CIRCUIT CLASS
USES PADS AND PUNCH
BAGS TO HELP BOXING
TRAINING - AND
WILL INCREASE YOUR
FITNESS AND RELIEVE
YOUR STRESS!**



20 20 20

20 minutes aerobics, 20 minutes of step and 20 minutes of floor-work.

ABS

A mat-based toning class using specific exercises to work those abdominals.

ACTIVE LIFESTYLE

Suitable for people who are new to or returning to exercise.

AEROBICS

Cardiovascular workout using hi and lo impact moves.

AEROTONE

Fat-burning, muscle toning whole body work out that uses body weights and free weights.

AQUA AEROBICS

Water supported fun workout to music. Suitable for any level.

BODY BLITZ

Interval training class for all levels using own body weight.

BODY CALM

Flexibility and core strength class that leaves you feeling calm and centered, using a combination of Yoga, Pilates and Tai Chi.

BODY CONDITION

Designed to improve muscular strength and endurance.

BODY MAX

Weight training all major upper and lower body muscles.

BODY SCULPT

Toning and conditioning for upper and lower body.

BODY SHOCK

Fast aerobic class with hi and lo moves for cardiovascular fitness.

BOUNCE

Fun, fat-burning and high energy moves choreographed to music. Dance on a mini trampoline and build power in those thighs!

BOXCIRCUIT

Intense circuit class using boxing gloves aimed at self-defence.

BOX-FIT

Circuit class using pads and punch bag to help boxing training, which will help to improve cardiovascular system coordination. **Junior Box-Fit** is a fun boxing class for teenagers aged 11-15 years old.

CARDIAC REHAB

Available following referral by a GP or health practitioner.

CIRCUITS

Improves fitness, stamina and endurance. A high powered cardio and tone class.

CORE & MORE

Mat-based workout that improves posture, toning and abs.

DANCE FUSION

Learn a variety of dance styles to improve fitness and to have fun.

EOR CHAIR

For those who have been referred by their GP. A circuit-based class, which includes walking and chair-based exercises with our GP team.

FIT & STRETCH

Full body low impact class. Cardio to improve heart rate, weight-bearing exercises to increase bone density and body stretch to improve flexibility.

GOLDEN YEARS CIRCUIT

Low impact circuits class suited to over 55's, that will help to improve fitness, stamina and endurance.

GYM CIRCUIT

Variety of exercise stations based in the gym to train both cardio and strength.

HARDCORE ABS

Abdominal flattening exercises that will work your core from the front, back and sides.

HIIT

A form of interval training using intense cardio and resistance exercises followed by a short rest.

INSANE ABS

Advanced abdominal class to help you shape the midsection you've always wanted – not for the faint-hearted!

INTERVAL TRAINING

High intensity exercises followed by short periods of rests – great for building endurance.

KETTLEBELLS

Build strength and endurance, and increase grip strength.

Ko8

Suspension training using body weight and resistance bands. Designed to help burn fat, promote mobility and build lean muscle.

LADIES RECREATION

Low impact aerobics.

LEGS, BUMS & ABS

Heart pumping workout targeting those problem areas.

MEDITATION

A mat-based class which trains the mind to promote relaxation and help reduce stress.

PILATES

Improves your core flexibility and toning.

SEATED ACTIVITY

Chair exercises with our GP referral team.

SIMPLY STRETCH

Hatha style, improving posture, flexibility and well-being. This is the ultimate relaxation class that will release any tension.

SPINNING

An excellent fat-burning workout using a stationary bike.

STEP & TONE

High intensity, hi/lo impact workout for the lower body.

STRETCH & RELAX

The ultimate class for unwinding and stretching those muscles. A mat-based exercise class, which focuses on improving posture and flexibility.

TAI CHI

An ancient Chinese tradition using martial art to promote serenity and improve balance.

YOGA

Yoga uses body posture and breath controls for relaxation. **Teen Yoga** is for teenagers aged 11-15 years old.

YOUTH FITNESS

Fun and dynamic circuit training, suited and dedicated to teenagers.

ZUMBA

Latin-inspired calorie-burning dance fitness-party.