



# August Weekly Schedule of Classes Available Live and On Demand

Here, you will be able to take part in a variety of classes every week each lasting 30-45 minutes.

	Monday	Tuesday	Wednesday	Thursday	Friday
08:00	Pilates Intermediate & Advanced	Morning Quick HIIT	Wake Up Yoga - All Levels	Morning Mindfulness	Family Fitness
11:00	Pregnancy Pilates	Mobility & Flexibility	Pilates for Beginners		Exercise for over 50s
12:00					
13:00	Quick HIIT & Abs	Desk Yoga			
17:00	Home Gym - Resistance Bands	Pilates for Runners & Cyclists	Dance Fit	Combat Fitness Advanced	Zone Out Yoga
18:00	Wk1 Guest Training - Carla Roberts - Family Fit Wk2 - Yoga All Levels	Combat Fitness All Levels	Pilates Intermediate & Advanced	Bodyweight Strength	

# Fitness Plans Now Available on Demand



Due to the popularity of some of the on-demand classes, we have introduced three brand new training plans to support your skills development and to help you meet your fitness goals. Delivered by our experts:

**Daniela Dietl**, Pilates Pro who will put you through your paces with balance, flexibility and strength training;

**Gemma Habington**, Yoga Master who will encourage you to channel your inner yogi.

**Laurel Gossling**, Fitness Instructor who will get the blood pumping with her killer HIIT workouts.

To access these training plans, visit the web platform under 'digital gym'.

## Introduction to Pilates (8 Weeks)



**Instructor: Daniela Dietl**  
**Level: Beginner**

This 8-week plan is designed as an introduction to Pilates. Pilates is a system of exercise and movement that is designed to increase strength, flexibility, and balance. Benefits include improved flexibility, muscle balance, improved posture, better coordination and balance.

## Introduction to Yoga (8 Weeks)



**Instructor: Gemma Habington**  
**Level: Beginner**

Yoga is a vast collection of spiritual techniques and practices aimed at integrating mind, body, and spirit. Benefits include reducing stress and promoting relaxation, better sleep, boosting your immune system and helping prevent aches and pains.

## High Intensity Interval Training (8 Weeks)



**Instructor: Laurel Gossling**  
**Level: All Levels**

High Intensity Interval Training (HIIT) is a workout based primarily on aerobic exercise that can be done just about anywhere and at any time. Benefits include improved energy, increase in blood flow, improved cardiovascular health, and fat loss.