

St Elphin's Park Club Classes



	Step Aerobics	Chair Aerobics	Aqua Fit	Dance Aerobics	Zumba Gold	Pilates	Relaxation	Circuits and conditioning	Fit ball	Flexibility or Yoga
Monday					10.00am- 11.00am					
Tuesday		2.00pm- 2.30pm	7.30am- 8.15am 9.30am- 10.15	12.15pm - 1.00pm					8.30am- 9.00am	Yoga 10.30- 12.30
Wednesday	1.45pm- 2.30pm					4.00pm – 5.00pm 5.30pm – 6.30pm	2.45pm - 3.15pm			
Thursday			9.30am- 10.15am 4.45pm- 5.30pm	11.45am - 12.30pm				6.00pm - 7.00pm	3.30pm- 4.15pm	Flexibility 2.30pm- 3.15pm
Friday										
Saturday	9.00am- 9.45am		8.00am- 8.45am					10.00am- 11.00am		

St Elphin's Park Club Classes



Chair Aerobics - Chair aerobics is a fun filled exercise class that incorporates cardiovascular, strengthening, balancing, stretching and breathing exercises. It is designed to help you raise your fitness levels.

Step Aerobics - An exciting music class using a step, where you can work at a level of intensity that suits you. This class is ideal for improving your cardiovascular fitness, stamina, balance and co-ordination.

Dance Aerobics - An aerobic workout where you can enjoy the sensation of dance. This includes a mix of aerobic and dance moves set to a range of music styles including songs from the 60's and 70's. The emphasis is as much on fun as it is breaking a sweat.

Aqua Fit - These classes are great for improving stamina, strength and suppleness, as well as increasing fitness. Unlike Aerobics on land Aqua fit is low-impact and the cushioning effect of the water protects joints in the spine, ankle, hips and knees. There are several of these classes tailored for different levels of fitness

Pilates - A low impact class, with a varied and easy to follow exercises for increasing core muscle strength, building body awareness and improving posture.

Zumba Gold - A fun and easy to follow Latin based dance based toning class, suitable for all levels and which will improve overall fitness, co-ordination and body tone.

Fitball - A low impact class, focussing on core strength and balance. This is a great session on improving muscle tone, posture and balance and in good weather will be taken outside.

Relaxation - A workout based on Tai Chi style moves to leave you feeling centred and calm, whilst bringing your body into a state of harmony.

Conditioning and Circuits - A high impact class which incorporates body conditioning into a circuit format, helping fitness and stamina.

Flexibility/ Yoga - Also available, both classes running once a week.

Classes are suitable for all ages and abilities as participants can work at a variety of different levels. Each class can be tailored to meet the needs of the individual whatever your level of fitness.

A personal training session is time for you to focus on your health, wellbeing and fitness and each one will be designed around your needs and fitness goals. I can help you to track and review your progress regularly so that you feel motivated and continue to enjoy activity as part of a healthy lifestyle. Together we can set goals and targets and plan your fitness sessions or weekly activity to help you achieve these.

Please refer to your membership terms and conditions regarding class bookings. Please book for yoga, Pilates and Zumba due to limited space and to avoid any disappointment.