



Audley Club Exercise Classes

PILATES

This concentrates on developing the strength of the core stability muscles and in doing so improves posture alignment, flexibility, endurance and strength.

YOGA

Mindfulness in motion, Asanas (postures) and Pranayama (breathing) are used to strengthen and lengthen the whole body.

YOUNG AT HEART (Come Dancing)

Get active - from the comfort of a chair. Gentle seated exercises to help improve circulation and strengthen muscles and joints; helping maintain mobility.

AQUA

A fantastic way to get fit as well as stay fit. The unique physical properties of water provide an ideal environment for exercise. Natural buoyancy of the water reduces weight-bearing stress, allowing a greater ease of movement with less strain on bones, joints and muscles.

	Aqua	Pilates	Young at heart	Yoga
Monday		9-10am (Gentle) 10-11am (More Challenging)	2pm-2.30pm	
Tuesday	2pm-2.30pm			
Wednesday		9-10am		
Thursday				9.30-10.30am
Friday			2pm-2.30pm	
Saturday				
Sunday				

Please book all classes in advance at Reception—this is essential as you may be refused entry if the class is fully booked

Training Program – We offer as much or as little support as you need. All owners and members are entitled to a free quick start session, which gives expert fitness advice – and you'll walk away with a personalised health and well being plan.

Personal Training – It's so much easier with a Personal Trainer. Imagine having your own expert to motivate you, monitor your progress and ensure you're focusing on the right exercises. A Personal Trainer won't just help your fitness, they will help you reach your goals so much faster and have fun while you're at it.

(Additional charges will apply)