

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>NK Face 2 Face Classes</b>	11.00 - 12.00 Paracise Longmead centre Sefton Road Epsom	9.30-10.30 Strength & Tone Tandridge Leisure Centre Hoskins Road Oxted	8.30 - 9.15 Aqua Tandridge Leisure Centre Hoskins Road Oxted	8.30 - 9.15 Aqua Tandridge Leisure Centre Hoskins Road Oxted	
	12.30 - 13.30 Fussion Class The Pavillion Gibraltar Recreation Ground Epsom	10.30 - 11.30 FitSteps FAB Tandridge Leisure Centre Hoskins Road Oxted	11.30 - 12.20 Paracise St Joseph's Church Hall St Margaret Drive Epsom		13.30 - 14.15 Paracise My Time active St Mark's Hall Biggin Hill
	14.30 -15.30 Hatha Yoga Regent House Albert Road Horley	13.30 - 14.15 Paracise Chartham Park Club Felcourt Road East Grinstead	12.30 - 13.30 FitSteps FAB St Joseph's Church Hall St Margaret Drive Epsom	13.30 - 14.15 Paracise Chartham Park Club Felcourt Road East Grinstead	14.30 - 15.15 Strength & Stability My Time active St Mark's Hall Biggin Hill
	18.45 - 19.45 Clubbercise St Peter's Limpsfield Community Hall Hight St Limpsfield		19.30 - 20.30 Yin Yoga Peace Hall Oxted United Reformed Church 21 Bluehouse Lane		

Caption

## Class Description

**Paracise:** Easy to follow standing exercises to great music. Gentle to the joints yet effective. It flows smoothly through movements designed to improve balance, mobility, posture, flexibility, whilst improving your muscle memory. It will leave you feeling refreshed and invigorated.

**FitSteps FAB:** An energetic, fun and up beat low impact dance cardio workout based on all of your favourite strictly dances and other styles of dance ie disco, Bollywood, flamenco etc. It is designed to improve your cardiovascular fitness, stamina and your muscle tone.

**Strength & Tone:** A carefully designed full body strengthening and toning workout for all muscle groups arms, abdominals, legs and buttocks as well as a weighted cardio and some balance improving sequences included. Different equipment are used and different fitness techniques such as interval training. (Equipment: Hand held weights and a mat)

**Hatha Yoga:** A gentle yoga class for all abilities, typically involve a set of physical postures (yoga poses) and breathing techniques (pranayama), practised more slowly and with more static posture holds. It is focusing on finding balance, connecting the body, breath and mind. A variety of modifications are given to encourage participation of all levels and abilities (Equipment: A mat, Yoga block or folded blanket/towel)

**Aqua :** A low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back.

**Fussion:** This is a class of 25 minutes dance cardio, 15 minutes of weighted workout strengthening exercises and 10 minutes of improving balance exercises.

**Strength & Stability:** Is a class ideal for those who want to improve or maintain their physical and mental wellbeing. It starts and ends in a chair. There are also optional standing elements. Inactivity, ageing, illness or injury can result in a loss of functional ability. This class focuses on exercises that help to improve strength, mobility, confidence and it is fun!

**Yin Yoga:** Yin yoga is a calming, meditative practice with its roots in the Chinese philosophy of Taoism. In this predominantly floor-based practice, we usually allow ourselves to be in each posture for around three to five minutes. While physically, the focus is on moving deeper into the body's connective tissues, energetically, the meridians (energy channels) through which our Qi (life force or energy) flows are stimulated in the poses we practise. In Chinese medicine, our organs are associated with our emotions and the intricate network the meridians form in our bodies.

**Clubbercise:** A blend of easy-to-follow dance, toning and combat moves with high and low impact options to suit all abilities. It is more than just a dance class, the cleverly integrated cardio, toning, combat and plyometric moves increase the fitness benefits and keep participants coming back for more. The class takes place in a disco and neon light ambient with participants holding glow sticks.