

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NK Virtual Classes	8.00 - 9.00 Hatha Yoga Zoom meeting	8.15 - 9.15 Strength & Tone Zoom meeting		9.35 - 10.35 Strength & Tone Zoom meeting	Once a Month 8.00 - 8.45 Piloxing Zoom meeting	9.00 - 9.45 Pure Stretch Zoom meeting
	9.15 - 10.15 Paracise Zoom meeting		11.30 - 12.20 Paracise Zoom meeting	10.45 - 11.45 Basic Dance Zoom meeting	9.00 - 9.50 Paracise Zoom meeting	
		12.00 - 13.00 Strength Balance Stretch Zoom meeting	12.30 - 13.30 FitSteps FAB Zoom meeting			
		18.15 - 19.15 Ballet for All Abilities Zoom meeting		20.00 - 21.00 Restorative Yoga Zoom meeting		

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)

Piloxing: A low impact interval training incorporating boxing, fast pilates and cardio dance blocks. It is a fast pace class done in blocks so the three elements don't mix, with short brakes between them. Improves your cardiovascular system, your balance and core, it is muscle toning and as it is an interval training your body carries on burning fat for up to 48 hours. (Equipment: Piloxing gloves)

Strength, Balance, Stretch: Comfortable pace class incorporating exercises for arms, abs and buttocks as well as Focusing on core strengthening and balance movements. Finishes with stretch and flexibility exercises. No floor work. (Equipment: Hand held weights, something to hold in your hands a wide book, Yoga/Pilates block or brick and a cotton belt or band and a chair)

Pure stretch: A slow pace class for a complete and pure stretch for most of the muscles of your body, releasing any knots and tightness. This class is mainly done sitting or lying on the floor. (Equipment: A mat, a yoga block or a folded blanket/towel and a cotton belt or non elasticated scarf)

Basic Dance Workout: An easy to follow dance workout with basic steps from different styles and genre of dance from around the world. Designed for those that would like a gentle dance cardio class without too many quick changes of direction and twists.

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)

Restorative Yoga: This yoga is a soothing and slow pace yoga that holds postures (asanas) for longer. Designed with gentle floor based sequences using bolsters, blankets, and props that support you and enable you to fully relax the muscles, slow down the mental activity of the brain, shift emotional patterns, bring ease to the breath, and tune into the nervous system's healing capacity. This is a yoga class to achieve physical, mental and emotional relaxation, to reduce stress and anxiety and perfect for a good night sleep. Grab your yoga mat and turn down the lights.

Ballet for All Abilities: Enjoy learning to dance ballet to a variety of classical music with the benefit of improving overall fitness, posture, balance and flexibility. Adult ballet is a great workout for the whole body, it is a weight-bearing form of exercise which strengthens muscles, promotes healthy bones and burns calories. Because ballet uses the full range of muscles, it's also great for cognitive functions such as coordination and concentration.