

# GYM SCHEDULE

*Revitalise with our new gym classes.*

*A recent study concluded: 'Participants agreed yoga improved: energy (84.5%), happiness (86.5%), social relationships (67%), sleep (68.5%), and weight (57.3%)' (Ross et al., 2013)*

## MONDAY

13:15

### Circuits with Seth

*Step into 30 minutes of high-intensity pad work and boost your focus, strength, and energy for the day ahead.*

18:00

### Legs & Glutes with Seth

*Focus on your lower body to build strength and stability. Feel stronger and more confident, meeting your physical needs while boosting your overall energy.*

## TUESDAY

08:15

### TRX with Seth

*Transform your body with suspension training and reinvent how you workout. This session will improve balance and coordination, while building strength for overall wellbeing.*

12:00

### Stretch & Flow

*A gentle, low-impact class to stretch, strengthen and restore. Improve mobility, prevent injury, and leave feeling balanced and re-energised.*

12:00

### Upper Body Conditioning with Seth

*Take control of your fitness routine and focus on form, posture, and toning for your upper body. Build strength, build confidence.*

17:30

### Melt Session with Linda

*Unwind with this slow-flow and Yin yoga session designed to release tension, calm your mind, and restore your energy.*

## WEDNESDAY

08:00

### Flow Yoga with Sam

*The perfect mid-week pick me up. A classic Vinyasa class tailored to your pace & ability. Flow through motion and enhance mental clarity. Discover yourself through movement.*

12:00

### Power Yoga with Sam

*A vibrant Vinyasa class with sculpting elements, breath work, and a challenging flow. Find balance between your physiological and psychological needs.*

13:00

### Barre with Sam

*Tone your body and boost confidence with a mix of ballet, yoga and Pilates elements. Feel stronger and more agile throughout the day.*

13:15

### Boot Camp with Seth

*Conquer the day with a high-energy mix of strength and cardio that will leave you feeling empowered and ready to face any challenge ahead.*

17:00

### Boxercise with Seth

*A high-energy class using boxing-inspired moves to build fitness, strength, and stamina - no experience needed.*

## THURSDAY

12:00

### Legs & Glutes with Seth

*Tone and strengthen your core and lower body with dumbbells and bodyweight exercises that leave you feeling powerful.*

13:15

### TRX with Seth

*Take a break and align your body in this session by activating your core and improving your posture. Suggested to ease the effects of sitting at a desk all day.*

17:30

### Total Body Sculpt with Gemma

*Achieve self-esteem and personal growth with a hybrid workout class blending Barre, Pilates, Yoga, and strength training. Sculpt and tone your body while fostering self-confidence.*

## FRIDAY

