



## Exercise Classes

**Absolute Abs** a great class to tone up the stomach and strengthen up the back.

**Active Change** a class to help with symptoms of the perimenopause and menopause. Working on bone strength, balance, reducing muscle loss, weight management and flexibility.

**Active Health** a circuit based class to improve health and wellbeing, specifically for people with defined medical conditions

**Aquaflex** water based class to improve your flexibility, strength and fitness.

**Body Sculpture** combines the principles of Tai Chi, Yoga and Pilates helping to increase strength, improve flexibility, mobility and posture.

**Box Fitness** this class combines very simple principles of boxing with bodyweight exercises to improve your body composition and strength. It's a great way to de-stress.

**Cardio Dance** a dance aerobic workout and toning class.

**Circuits / Super Circuits** a fat burning, sculpting, full body workout.

**Hatha Yoga** moving your body slowly and deliberately into different poses that challenge your strength and flexibility

**Lift N Tone** a full body muscle conditioning class that will add strength and definition, utilising barbells, free weights and kettlebells



**Motivate** perfect for the more mature, this class includes circuits, low impact aerobics and toning.

**Pilates** a low intensity, muscle strengthening workout that focuses heavily on building strong core muscle and full body flexibility.

**Spin** a fun fast way to stay in shape, offering high and low intensity levels. This is cycling as you have never know it before!

**Yoga** a creative form of Yoga drawing, including a variety of meditation and breathing, all levels of fitness.

**YogaFit** combining the strength and flexibility of yoga with a high intensity resistance training for the muscles.

**Yogalates** combines the principles of Tai Chi, Yoga and Pilates, helping to increase strength improve flexibility mobility and posture.

**(Minimum age for classes is 14 years)**

**Referral based classes Cardiac Phase 4 and Active Health** These classes are delivered by a speciality specific qualified fitness instructor.

**MEMBERS AND NON MEMBERS WELCOME**

**MEMBERS CAN BOOK 10 DAYS AHEAD  
NON MEMBERS CAN BOOK 7 DAYS AHEAD**

**ALL CLASSES MIXED ABILITY**

## Odstock Health and Fitness

# Class Timetable



## Contact us

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