

Classes at The Oaks

Monday	Tuesday	Wednesday	Thursday	Friday	ALTERNATE Saturdays
	9am to 10am Bootcamp/HIIT	9.15 to 10.15am AquaFit		8.30am to 9.30am Bootcamp/HIIT	8.30am to 9.30am Bootcamp/HIIT
	10.15am to noon Inductions & Programmes	11am to 12pm Yoga		9.45am to 10.45am Bootcamp/HIIT	9.45am to 11am Inductions & Programmes
				11am to 12.30pm Inductions & Programmes	
5pm to 6pm Inductions & Programmes	5.45pm to 6.45pm Yoga				
6.15pm to 7.15pm FitSteps		6.15pm to 7.15pm Bootcamp / HIIT			
7.30pm to 8:30pm FitSteps		7.30pm to 9pm Inductions & Programmes			

FitSteps is an energetic, up beat dance fitness class featuring all of your favourite Strictly dances. It is designed to give real, measurable fitness results. It is suitable for all ages and abilities and you don't need a partner.

Aqua aerobics is a form of exercise which provides cardiovascular conditioning, increasing your pulse and your breathing rate. The buoyancy of the water reduces your weight on impact, resulting in much less strain on your muscles and joints.

Yoga is an ancient form of exercise that focuses on core strength, flexibility and breathing to boost physical and mental wellbeing and relaxation. Classes are taught to mixed Ability & Beginners are always welcome.

Bootcamp / HIIT (High Intensity Interval Training) targets all body parts at once through dynamic movements at different intervals. You'll work up a sweat, burn fat and keep your body in the fat burning zone well after your workout. These classes are outdoors (weather permitting)

Lyndsey

Sally

Jill

Angela

Abbie



The Oaks