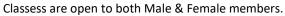
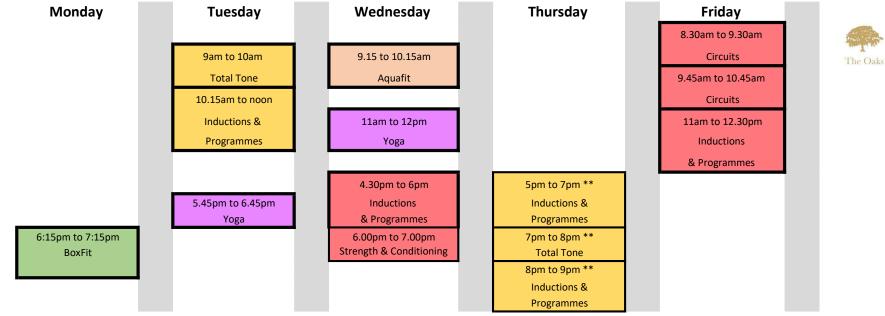
## **Classes at The Oaks**



The class you wish to attend must fall within your membership allocated hours and you can book onto class 1 week prior directly with the Reception team.



**BoxFit** is an energetic and upbeat cardio boxing class. The sessions are designed to be fun but also beneficial and will concentrate on cardio and abdominal exercises. **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.

India

Charlotte Jill

Sophie /

Linda

Abbie

**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.

**Total Tone** is designed to target the upper and lower parts of the body and core, using a combination of bodyweight and weighted exercises to build muscle and burn calories.

**Circuits** are high energy and fast-paced and involve moving your way around different exercise stations performing each exercise as many times as you can in a set amount of time.

**Strength & Conditioning** includes cardio exercise, body weight and weighted exercises and finishes with isolated training on either abs, arms or glutes for a complete work out.

\*\* starting from Thursday 24th August