

Classes at The Oaks

Classes are open to both Male & Female members.

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.

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> 6:15pm to 7:15pm BoxFit </div>	<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> 9am to 10am Total Tone </div> <div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> 10.15am to noon Inductions & Programmes </div> <div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> 5.45pm to 6.45pm Yoga </div>	<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> 9.15 to 10.15am AquaFit </div> <div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> 11am to 12pm Yoga </div> <div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> 4.30pm to 6pm Inductions & Programmes </div> <div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> 6.00pm to 7.00pm Strength & Conditioning </div>	<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> 5pm to 7pm ** Inductions & Programmes </div> <div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> 7pm to 8pm ** Total Tone </div> <div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> 8pm to 9pm ** Inductions & Programmes </div>	<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> 8.30am to 9.30am Circuits </div> <div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> 9.45am to 10.45am Circuits </div> <div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> 11am to 12.30pm Inductions & Programmes </div>



India
Charlotte
Jill
Sophie / Linda
Abbie

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.

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**