



FITNESS MILL CLASSES - INFORMATION & DESCRIPTION

Circuits

Energetic class designed to drive your metabolic rate and conditioning. Using a vast range of functional training equipment including TRX, barbells and kettlebells. This class gets results....fast!

TRX TBC (TOTAL BODY CONDITIONING)

Condition the whole body with TBC using bodyweight, dumbbells, stability, plates and steps. This deceptively difficult class is designed to challenge you no matter what level of fitness. Hit those hard to tone areas with controlled quality moves.

RETRO Aerobics

Old School Aerobics class like it should be! Grapevines and box steps galore for those of you looking for a well-designed structured class with a great friendly vibe. Hi-Lo intensity levels make this class suitable for all levels of fitness.

FORMA

FORMA STRENGTH offers the following classes: Foundations, Handstand, Stretch & Core, Shoulder Prehab, Ring Strength, Gymnastics, Flexibility – please refer to FORMA website for further info and prices: <http://formastrength.uk/>

Functional Fitness

A class based on functional movements and conditioning. Sessions will include various bit of equipment to get your body burning in this high intensity class! New exercises and techniques will also be learnt within this class. Please book via reception.

YOGA

Maude is a fully qualified yoga instructor who trained for 200 hours in India. Using a wide range of