



GROUP CLASSES JAN-MAR 2022

Classes are included in your Lake Fitness @ No 10 Membership.
For more information go to arlingtonbusinesspark.co.uk/amenities/gym or email Lakefitness@arlingtonbusinesspark.co.uk

	AFTERNOON								DETAILS	
	12.00pm	12.15pm	12.30pm	12.45pm	1.00pm	1.15pm	1.30pm	1.45pm		2pm
MONDAY			12.30pm-1.15pm Live at the park and live online Yoga Flow <i>By Rich</i>							Zoom Meeting ID: 886 0968 8216 Passcode: 649003
TUESDAY			12.30pm-1.15pm Live at the park and live online Shred IT <i>By Kyle</i>							Zoom Meeting ID: 2255386776 Passcode: fz8XYg
WEDNESDAY			12.30pm-1.15pm Live at the park and live online Pilates by Polly <i>By Polly</i>							Zoom Meeting ID: 7921228925 Passcode: 170379
THURSDAY			12.30pm-1.15pm Live at the park and live online Strength & Conditioning <i>By Kevin</i>							Zoom Meeting ID: 4584567568 Passcode: mj9p7s
FRIDAY			12.30pm-1.15pm Catch up online HIIT <i>By Louise</i>							https://www.youtube.com/channel/UCiouqXCtPwqOIHWNTybpBrw/featured

CLASS DESCRIPTIONS

Strength & Conditioning
Strength and conditioning classes are designed to work on the parts that you need most help with. Legs, Bums and Tums, we've got you covered from head to toe.

HIT
A form of interval training, and cardio fitness performed by alternating short periods of intense anaerobic exercise with less intense recovery periods, involving short bursts or high and low intensities.

Power Pilates
The stretch to focus on elongation of muscles and limbs, moving the body through different forms of stretch to reduce muscles tension, stiffness and stress. Encouraging the body to become more mobile and flexible.

Shred It
A cardio based, high intensity combination workout, using a level of different formats including weights and body weight. The focus is maximum workout, minimal rest. Great cardio workout

Yoga Flow
Coordinating body movements with breath to flow from one pose to the next. To focus on strength, openness, stillness, awareness and breath. (Some yoga experience is advisable)