

Which class is right for me...?

Dance Stars Clare Dance Stars has been offering dance classes for children since 2003. From Pre-School Movement classes for 2 year olds to Advanced Street Dance classes for teenagers. Contact Clare Rowland on 07753 748 819 for more information.	Yoga Sara This class is excellent for stimulating, relaxing and revitalising both the mind and body as well as working on your core stability and strength.	Boxercise Julian Using both aerobic and anaerobic energy systems, this is one of the most effective forms of cross training available. As well as being fun and energetic, you will also work on hand-eye co-ordination, balance and timing!	Indoor Cycling/Spin Julian/Darren A great way to get a vigorous workout! Burn calories and keep your muscles in shape with warm ups, sprints and cool downs. An excellent fat burner!	Beat Box Kat An energising class to wake you up in the morning! Beat Box combines boxing; pad work and Bosu balance work to give you combat and stability training. Get your gloves on!
Circuits Julian/Darren Working round different exercises or 'stations' around the room, this high intensity class helps you burn calories, improve tone and boost cardiovascular fitness all in one go!	Legs Bums and Tums Naomi This class does exactly what it says on the tin! A fun filled class where you exercise to music and work on those problem areas. Tone those Legs, Bums and Tums in this class!	Street Dance Clare A fun and funky way to move to the music, learn some fantastic dance moves and get fit – all at the same time! Old hand or beginner, fit or just wanting to be, all standards welcome!	Pilates Alex A 1 hour Pilates Class for All Levels to improve core strength, balance, mobility and flexibility. Pilates can also be incredibly beneficial for those recovering from injuries, suffering from back and joint pain.	Impact Conditioning Kat A mix of circuit based workout, resistance stretching and swiss ball work. Great for cardiovascular fitness and improved toning.
Self Balance Julia This class uses a mixture of Tai Chi, Pilates and Yoga to improve flexibility and core strength as well as toning.	Hula-Hoop Kat A fun aerobic activity that burns calories, relieves stress and improves core muscles as well as sculpting muscles. Start as a beginner and learn how to hula hoop or improve your existing hoping skills! This class is for everyone.			

