

FITNESS CLASS DESCRIPTIONS

**LBRUT
Sports**

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ACTIVE LIVING

Exercise class for existing or new exercise referral members who have completed a screening process with one of the exercise referral instructors.

AQUA

A water-based workout incorporating aerobic, conditioning and core moves. The Combination of the cushioning effect of water and increased resistance makes for a highly effective all over workout that is kind to the body's joints. Suitable for everyone, even those recovering from injuries.

BARRE

This class is ballet-inspired, incorporating a traditional but modified ballet barre work out finishing with playful centre work that will improve your stamina and strengthen your heart. Essentially, Barre classes mix elements of Pilates, Dance and Yoga, and the moves are to motivating music. It improves coordination, focus and balance as well as creating a lean and flexible body. A powerful yet fun way to explore your elegant dancer within.

BODY PUMP

For anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetitions, Body Pump gives you a total body workout.

BODY TONE

An all over strength and endurance workout suitable for all. A low impact warm up followed by exercises to target all the major muscle groups in the body, deep and superficial. Various forms of equipment may be used to sculpt the body including weights, body bars, body balls, resistance bands and steps. Different formats are used to keep class interesting, challenging and fun.

BOOT CAMP

Outdoor fitness class with body or free weight exercises, boxing, battle ropes, circuits, partner work and team games. There is something for everyone, fun and motivational without the military shouting. Suitable for all fitness levels.

CIRCUITS

A 45 minute class using a mix of body weight and free weights, to include core, cardio, upper and lower body stations to ensure you work the major muscle groups during the class. Each station is timed enabling everyone to work at their own level, making it a suitable class for all abilities and fitness levels.

HATHA FLOW

This is a combination of strength and flexibility. It is a more dynamic class where poses are developed and challenge you at your skill.

FALLS PREVENTION

All classes are run by tutors who have undertaken the Postural Stability Course run by Later Life Training (the current recommended training course). Tutors use gentle movements to strengthen the legs, arms, back, ankle and pelvic floor muscles which help to improve balance and mobility.

IYENGAR YOGA

The Iyengar yoga approach to Hatha Yoga is characterised by attention to alignment, detail and by the use of 'props' to achieve the right action in asana. It is a progressive, cumulative method which enables learners to progress safely and extend personal limitations irrespective of age and ability. All participants must have completed a beginners course or be experienced in yoga prior to joining a general level class.

LOW IMPACT CONDITIONING

A general class for low impact of all levels. The class comprises of low impact aerobics section followed by conditioning work, core work and stretches that incorporate body balls, exercise bands and light hand weights. Emphasis is put on maintaining or improving posture and range of motion around the major joints. A great class to work at your own pace and level. Alternative exercises given to accommodate all.

MEDITATION FLEXIBILITY AND PRANAYAMA (BREATHING TECHNIQUE)

Meditation reduces stress, and anxiety, deepens creativity, aids in anger management, increases ability to "sit with" emotions rather than react quickly. You don't need to have practiced before. We prepare the body by a soft stretches and learn how to breathe properly. Then we sit and enjoy the peace and tranquillity of the mind and body.

LEGS, BUMS & TUMS

A great fat burner to improve body shape. The class incorporates an aerobic section followed by conditioning exercises to target the lower body and core. The focus is on improving body shape and encouraging fat reduction. Benefits your overall health, stamina & boosts self-confidence! Suitable for all, as alternative exercises can be given.

PILATES

With a focus on core stability, the class will work with postural alignment and a variety of exercises to improve mobility, flexibility and strength. Some classes may use small pieces of equipment or the stability ball to enhance flexibility, strength and control. Suitable for any age and body shape, as alternative levels will be offered. However, all participants must have completed a beginners course or be experienced in Pilates prior to joining a general level class.

PI-YOGA

A fusion of Pilates and classical Yoga with an emphasis on postural alignment. Combining both the core-discipline of Pilates with the strength, flexibility and breath control of Yoga.

TAI-CHI

Chen style Tai Chi helps achieve optimum health, confidence and calmness through the practise of a powerful and effective combat system. Tai-Chi is one of the exquisite works of Chinese Martial Arts and is loved for its positive effect in health preservation and self-defence. Suitable for all ages and abilities.

YIN YOGA/MEDITATION

Traditional Eastern discipline that combines strength and flexibility through a series of yoga poses. This yoga helps to develop a sense of inner wellbeing and calmness. The ultimate aim of this session is to relax the mind/body and learn a healthy approach to life. Not suitable for beginners.

ZUMBA

This is a fun and exciting dance class that is sweeping the nation! It is a fusion of Latin rhythms and easy to follow moves. If you like to dance whilst having fun this class is ideal.

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