

# THE YOGA

## & WELLBEING SPACE

TIME	CLASS	INSTRUCTOR
<b>Monday</b>		
10.30am	Pilates & Barre	Ashleigh
11.30am	Mums & Tots TONE (2m-8m)£	Richard
6.00pm	Ashtanga YOGA (Beginners)	Alison
7.15pm	Vinyasa YOGA (Advanced)	Alison
<b>Tuesday</b>		
10.30am	Iyengar YOGA	Constance
4.15pm	Flexi-Kids (5-11yrs)£	Linzi
5.30pm	PiYo (45m)	Linzi
6.15pm	Pregnancy YOGA	Alison
7.30pm	Iyengar YOGA	Constance
<b>Wednesday</b>		
10.30am	Pilates (45m)	Leann
7.00pm	Pilates	Wayne
<b>Thursday</b>		
4.15pm	Dance -Kids (5-11yrs)£	Nicola
6.00pm	Vinyasa YOGA (Advanced)	Alison
7.15pm	Vinyasa YOGA (Intermediate)	Alison
<b>Friday</b>		
10.30am	Vinyasa YOGA (Intermediate)	Alison
5.30pm	Vinyasa YOGA (Intermediate)	Miz
6.30pm	Yin YOGA	Miz
<b>Saturday</b>		
10.30am	HOT YOGA	Kim

All classes 60-minutes unless stated. £ = Charge for class.

# 03:09:18 - 23:12:18

**MEMBERS:** FREE to all full adult members (excludes chargeable classes)

**UNLIMITED CLASSES £49.99 pm** (excludes chargeable classes)

**GUESTS:** £10 for 1 / £40 for 5 / £70 for 10 (1 session is valid for a 2-hour visit)

**BOOKINGS:** 7 days in advance. Talk to us on

01132 887666 or book online: [iveridge.co.uk](http://iveridge.co.uk)

**IVERIDGEHALL** 

SPACE TIME TABLE



### **Ashtanga YOGA**

This session is aimed at beginners to intermediates wanting to learn the 23 poses of Ashtanga YOGA. A perfect starter class to then progress to the more advanced Vinyasa YOGA sessions.

### **Iyengar YOGA**

These sessions offer a variety of poses to help improve suppleness and keep that body feeling young. A great way to relax and feel good.

### **Pilates**

Traditional floor and standing exercises to help improve posture, core strength and joint stability. Perfect for those wanting a strong back and a strong core. Wednesday morning is ideal for beginners.

### **Pilates & Barre**

Pilates and Barre combines small and controlled Ballet-inspired movements with traditional Pilates favourites, for a gentle but challenging workout that's tough on the muscles yet gentle on the joints. This one hour class is set to a relaxing yet inspiring soundtrack with easy to follow, flowing movements and choreography, making it suitable and enjoyable for all ages and abilities! Tutu's optional! :)

### **Vinyasa YOGA**

Flowing YOGA sessions are a great way to develop total body strength and flexibility. Fluid strength patterns with dynamic breathing help to ensure a great spiritual workout. Session run for beginners as well as advanced students.

### **Yin YOGA**

Yin Yoga combines the influences of Indian Yoga with Chinese Daoist practices and Western science to improve our health on many levels. With an emphasis on long-held passive poses stretching into deeper connective tissues, Yin Yoga mobilises and strengthens joints, ligaments, and fascial networks, meaning full relaxation and healing.

### **HOT YOGA**

Our HOT YOGA sessions are a great way to improve your flexibility and inner strength. A range of ashtanga, hatha and vinyasa styles are found within these 60-minute sessions at 26-30 degrees dependant upon the time of the year and the density of the class.

### **PiYO**

The ultimate fusion of pilates and YOGA combined into one exhilarating class to truly take you on the ultimate spiritual journey to better health. This class works on stability and flexibility to music. Beginners welcome.

### **Pregnancy YOGA**

We also offer pregnancy YOGA for pre-natal mums. This is a great way to help stay healthy during pregnancy. See reception for details on current prices. Ask about mums and tots sessions as well

## **KIDS CLASSES**

All our kids sessions are great for boys and girls aged 5-11 years. Sessions are priced at £5 per session and payable per term. Term time only. 50% discount for 2nd sibling.

### **Dance-Kids**

Join this fun mix of street, cheer and hip-hop dance followed by traditional YOGA poses to help improve co-ordination and relaxation.

**Flexi-Kids** Join in this fun YOGA class designed especially for children. A variety of stretches and relaxation techniques are made fun and enjoyable using story telling.