

www.healthybalancedgeneration.co.uk

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Pilates

Emphasises correct postural alignment & core activation to strengthen & lengthen the body.



Ifield Group Exercise Classes

January 2012

LBT

A fat burning & body toning session, using a range of techniques to target those problem areas.

Body Blitz

A powerful class to emphasise strength, power & agility. Work your body to its limits with this fast energetic circuit class

Yoga Flow

Designed to build strength & flexibility, reduce stress & tension & increase overall health, energy & vitality

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:30 – 10:30						Mix it Up
18:30 – 19:30	Dance Aerobics	LBT			Zumba	
19:00 - 19:45		AB Attack				
19:00 – 20:00			Body Blitz	Zumba		
19:45 – 20:30		Swiss Ball				
19:30 – 20:30	Pilates					
20:00 – 21:00			Yoga Flow New Instructor	Lo Level Aerobics		

Dance Aerobics

Exercises combining aerobics & dance steps, a fun workout for all abilities

Lo Level Aerobics

This is a great class to start yourself on the road to a new you!
This class will help you lose weight, tone up & increase your fitness levels
*Ladies only

Zumba

Fiery Latin music stimulates the senses whilst sexy urban dance moves tone and sculpt

Swiss Ball

A fun & lively class. A fantastic combination of ball exercises to tone & sculpt the body.

Mix it Up

Aerobics & conditioning all Mixed Up
A great way to start your weekend

Please book up to 7 days in advance, payment by non members to be made upon booking

Non Members > £4.50

Members > FREE



Healthy Balanced Generation Fitness Centre

Ifield Community College, Crawley Avenue, Ifield, Crawley RH11 0DB

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Body Blitz
A powerful class to emphasise strength, power & agility. Work your body to its limits with this fast energetic circuit class



Maidenbower Group Exercise Classes

January 2012

LBT
A fat burning & body toning session, using a range of techniques to target those problem areas.

Pilates
Emphasises correct postural alignment & core activation to strengthen & lengthen the body.

Swiss Ball
A fun & lively class. A fantastic combination of ball exercises to tone & sculpt the body.



	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
09:30 – 10:15	Pilates					
10:00 – 11:00						LBT
10:15 - 11:15					Swiss Ball	
10:30 – 11:30			LBT	Pump FX		
11:30 – 12:30		Zumba				
18:30 – 19:30	LBT	Zumba	Swiss Ball	Pilates		
18:30 – 19:30	Body Blitz					
19:00 – 20:00		Yoga Flow				
19:30 – 20:30	Zumba		Boxercise			
20:30 – 21:30	Zumba					

Boxercise
A fun & different class that will increase your fitness level & tone up your muscles. Working with punch bags & sparing pads to improve stamina & cardio fitness

Zumba
Fiery Latin music stimulates the senses whilst sexy urban dance moves tone and sculpt

Yoga Flow
Designed to build strength & flexibility, reduce stress & tension & increase overall health, energy & vitality

Pump FX
A great strength & toning based workout using plates & bars

Please book up to 7 days in advance, payment by non members to be made upon booking

Non Members > £4.50 Members > FREE

Healthy Balanced Generation Fitness Centre

Oriel High School, Maidenbower Lane, Maidenbower, Crawley RH10 7XW