

# Fitness & Relaxation Classes

At The Fitness Connection

33-35 High Street, Sandwich, CT13 9EB

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Fun, friendly group classes with great teachers and lots of personal attention...

*Non-members welcome. Please book to ensure a place.*

DAY / TIME	CLASS	DESCRIPTION
Monday 9.15am	<b>Pilates (intermediate)</b>	Improve your posture and core strength and aim for that flat stomach
Monday 10.30am	<b>Pilates (beginners)</b>	Improve your posture and core strength and aim for that flat stomach
Monday 12.30pm & 7.00pm	<b>INSANITY LIVE</b>	30 minute MAX INTENSITY training designed to boost fitness and energy levels, strengthen and tone muscles & strip away body fat
Tuesday 9.15am	<b>Matt's 'Old Skool' Circuit Training</b>	A fun, energetic class using a mix of cardio, bodyweight and resistance moves to improve fitness, tone muscles and burn body fat... <i>fast!</i>
Tuesday 10.00am	<b>Super60Plus (But all welcome)</b>	A special class to get fit and toned & trim those unwanted pounds
Tuesday 2pm/6pm/ & 7.15pm	<b>Pilates</b>	Improve your posture and core strength & aim for that flat stomach
Wednesday 10am & 6.30pm	<b>Matt's H.I.I.T Blitz (High Intensity Interval Training)</b>	Dynamic, high energy, low to moderate impact class to maximise fat loss, muscle tone and boost fitness and energy levels

	<u>Classes continued</u>	DESCRIPTION
Wednesday 5.15pm	<b>Gentle Yoga &amp; Mindfulness meditation</b>	A gentle yoga for all with the latest mindfulness techniques to combat stress, bring strength and restore balance to both body and mind.
Wednesday 7.30pm	<b>Yoga</b>	Improve flexibility, physical and mental well-being, core strength and posture. Nice, relaxing class. Stretch... breathe... &... relax!
Thursday 7.30am	<b><i>INSANITY LIVE</i></b>	30 minute MAX INTENSITY training designed to boost fitness and energy levels, strengthen and tone muscles & strip away body fat
Thursday 9.30am/ 2pm/ 6.30pm	<b>Pilates</b>	Improve your posture and core strength and aim for that flat stomach
Thursday 11am	<b>Good Morning Yoga</b>	Make it a much better morning with an hour of stretching, energising and relaxing!
Friday 9.15am	Matt's <b><i>'Old Skool'</i></b> Circuit Training	A fun, energetic class using a mix of cardio, bodyweight and resistance moves to improve fitness, tone muscles and burn body fat...fast!
Friday 10.05am	<b><i>Shake Up For The Weekend</i></b>	Great, fun workout to target the whole body. Fitness, aerobic exercise and maybe a little salsa thrown in!

Please note: Place are limited and subject to change, please book to ensure a place.

Classes (non-members) £5 Yoga / Insanity / Circuit Training £6