

# 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.*

## Monday:

9.15am	<b><u>PILATES</u></b> (intermediate)	Improve your posture & core strength & aim for that flat stomach.
10.30am	<b><u>PILATES</u></b> (beginners)	
12.30pm	<b><u>INSANITY LIVE</u></b>	30-40 minutes of MAX INTENSITY exercise designed to boost fitness & energy, strengthen & tone muscles & strip body fat!
6.50pm	<b><u>H.I.I.T</u></b>	High Intensity Interval Training. A dynamic, low to moderate impact class to maximise fat loss, tone muscles & strip body fat.

## Tuesday:

9.15am	<b><u>FIGHTING FIT</u></b>	Improve fitness, stamina & coordination, tone up & lose body fat with this fun & challenging mix of boxing & circuit training.
10.00am	<b><u>SUPER 60 PLUS</u></b> (but all welcome)	A special class to get fit & toned & trim those unwanted pounds.
2pm / 6pm & 7.15pm	<b><u>PILATES</u></b>	Improve your posture & core strength & aim for that flat stomach.

## Wednesday:

10.00am

### H.I.I.T

High Intensity Interval Training. A dynamic, low to moderate impact class to maximise fat loss, tone muscles & strip body fat.

5.15pm

### GENTLE YOGA & MINDFULNESS MEDITATION

A gentle yoga for all with the latest mindfulness techniques to combat stress, bring strength & restore balance to both body & mind.

6.30pm

### FIGHTING FIT

Improve fitness, stamina & coordination, tone up & lose bodyfat with this fun & challenging mix of boxing & circuit training.

7.30pm

### YOGA

*Improve flexibility, physical & mental well-being, core strength & posture. Nice, relaxing class. Stretch... breathe ... relax!*

## Thursday:

7.15am &  
5.45pm

### INSANITY LIVE

30-40 minutes of MAX INTENSITY exercise designed to boost fitness & energy, strengthen & tone muscles & strip body fat.

9.30am/ 2pm  
& 6.30pm

### PILATES

Improve your posture & core strength & aim for that flat stomach.

## Friday

9.15am

### CIRCUIT TRAINING

A fun, energetic class to improve strength, stamina & general fitness.

10.05am

### SHAKE UP FOR THE WEEKEND

Fitness, aerobic exercise & maybe a little salsa thrown in!

11.00am

### GROUP P.T

Weights based session with Matt.

5.00pm

### REVIVING YOGA

*Leave the week behind... Stretch, strengthen, revive & relax. (Fortnightly from 8<sup>th</sup> April)*

**Please note: Places are limited - please book to ensure a place.**

Non-members & beginners welcome  
Classes (non-members) **Fighting Fit / HIIT & Insanity £5** Yoga £6

Classes approximately 1 hour - H.I.I.T / Insanity/Fighting Fit/Circuits 35/45 mins.