

# FITNESS AND WELLNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am			Yoga				
9:30 am		Strength Plus			Tai Chi	Yin Yoga	Strength Plus
10:00 am			Strength & Vitality	Strength Foundations			
10:30 am	Yoga	Strength Foundations					
11:00 am			Strength Foundations	Strength & Vitality	Meditation		
11:30 am	Strength & Vitality	Pilates			Strength & Vitality		
12:00 pm							
2:00 pm				Dance			
3:00 pm							
6:00pm			Yoga				

<b>Strength Foundations</b>	A low-impact fitness class designed to build strength, stability, and overall well-being through instructor lead, gentle resistance (weight) training. With a focus on improving balance, posture, and mobility, this class supports everyday activities and helps reduce the risk of falls. Modifications are offered to accommodate all fitness levels and abilities.	Low Intensity
<b>Strength &amp; Vitality</b>	A medium-intensity class designed for older adults to build strength, enhance balance, and support bone health using hand weights. All exercises are done standing—no floor work—making it safe and accessible for all. Perfect for staying active, strong, and confident in daily movements. Suitable for all fitness levels, with modifications offered as needed.	Medium Intensity
<b>Strength Plus</b>	A higher-intensity, HIIT-style class designed for those ready to take their fitness to the next level. Using hand weights and dynamic, standing movements, it builds strength, boosts heart health, and improves endurance. This energising workout supports bone health, balance, and mobility for confident daily living. Modifications are available, making it accessible for a range of fitness levels.	High Intensity
<b>Yoga</b>	A gentle, breath-led class that guides you through mindful movement and sustained postures. This practice connects body, breath, and mind to enhance balance, flexibility, and strength. Modifications are offered to support both beginners and more experienced students.	Low Intensity
<b>Yin Yoga</b>	A gentle practice that explores the art of deep stretching and mindfulness and involves holding poses for extended periods. This approach targets the body's connective tissues, including ligaments, tendons, and fascia, promoting greater flexibility and inner peace.	Low Intensity
<b>Beginner Pilates</b>	A gentle, floor-based class designed for older adults to build core strength, improve posture, and enhance flexibility. Using controlled movements and focused breathing, it supports balance, stability, and overall well-being. Perfect for those new to Pilates or returning to movement. Mats and modifications provided for comfort and ease.	Low Intensity
<b>Dance</b>	A fun, low-impact class that celebrates movement through both traditional and modern folk dances. Designed for older adults, it enhances coordination, rhythm, and cardiovascular health in a social setting. The choreography can be performed seated, standing behind a chair, or free-standing, depending on individual preference.	Low Intensity
<b>Meditation</b>	A calming class designed to reduce stress, improve focus, and support emotional well-being in older adults. Gentle breathwork and guided relaxation promote mental clarity, better sleep, and a sense of inner peace. No experience needed—just a quiet space to breathe and be. Chairs and props available for comfort.	Low Intensity
<b>Tai Chi</b>	A graceful, low-impact movement practice that enhances balance, coordination, and joint mobility for older adults. Flowing sequences support fall prevention, reduce stiffness, and calm the nervous system. Rooted in mindfulness, it nurtures both body and mind. All levels welcome—no prior experience needed.	Low Intensity