

## OLD MILL CLASS TIMETABLES

### *Body Conditioning-Wednesday-6pm*

A top to toe of toning with exercises specific to all areas of the body. Using exercises that not only help to strengthen and define muscle but also burn them calories.

### *Pilates-Wednesday-6.45pm*

This is a mat based class using slow controlled movements to strengthen the deep core abdominal muscles, improve posture and achieve correct spinal alignment. Each exercise is designed to lengthen and tone various muscle groups without bulking up. Engage the mind and control the body to improve your physical and mental well-being.

### *Yoga-Thursday-7pm*

Stimulating exercise that tones and strengthens muscles. Invigorate body, mind and soul.