

MAGNA VITAE PRESENTS VIRTUAL ONLINE CLASSES

From 22nd February

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7am					Total Body			7am
8am								8am
9am	Body Conditioning	Workout with Weights	Fitness Pilates	Zumba	Pilates	LATINFIT		9am
10am	Pilates	Yoga	Pilates	Low Impact Aerobics	Zumba		Dance with Donna	10am
11am		Zumba Toning	Movement to Music	Body Conditioning	Ten Minute Energiser			11am
12pm								12pm
1pm								1pm
2pm			Wellbeing Wednesday	Fitness, Food and Friends				2pm
3pm					Tea at Three			3pm
4pm								4pm
5pm				L1ft & Stretch				5pm
6pm	Monday Mash Up	Zumba	Fitness Pilates	Express Core				6pm
7pm	Yoga	Pilates	Glute Camp					7pm
8pm								8pm

Is there a class you like but you can't make a certain time?
 Email us at info@mvtlc.org and we will send you a recording!

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Instructors:

DONNA M
Monday
Body Conditioning (9:15am)
Pilates (10:15am)

Tuesday
Zumba (6pm)

Wednesday
Zumba (9:15am)

Thursday
Low Impact Aerobics (10:15am)
Body Conditioning (11:15am)

Friday
Zumba (10:15am)

LAURA
Tuesday
Fitness Pilates (9:15am)
Pilates (7pm)

Wednesday
Pilates (10:15am)
Movement to Music (11:15am)
Fitness Pilates (6pm)

Thursday
L1ft & Stretch (5pm)

Friday
Pilates (9:15am)
Ten Minute Energiser (11:15am)

SAMMY
Wednesday
Glute Camp (7pm)

GEORGE M
Thursday
Express Core (6pm)

Friday
Total Body (7:15am)

ERICA & LIZZIE
Wednesday
Wellbeing Wednesday (2pm)

Friday
Tea at Three (3pm)

SUSAN
Monday
Yoga (7pm)

JAQUI
Tuesday
Yoga (10:15am)
Zumba Toning (11:15am)

GEORGE S
Tuesday
Workout with Weights (9:15am)

KELLY
Saturday
LATINFIT (9:30am)

ERICA & MARKO
Thursday
Fitness, Food and Friends (2pm)

DONNA S
Sunday
Dance with Donna (10am)

Class Descriptions:

Pilates	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine	L1ft & Stretch (Only fancy Stretch? Then join us halfway through!)	Join us for this class combination! 30 minutes of L1ft followed by 30 minutes of Stretch! L1ft is a 'functional strength training' class and Stretch will help to improve your posture and flexibility.
Monday Mash Up	Enjoy a surprise selection of different virtual classes each week, that you can join in with from home! (Check our Facebook page to find out which class will be coming up next!)	Workout with Weights	A full body workout, hitting all the major muscles in the body, using weights. (Don't panic - if you don't have weights at home, cans of beans or bottles of water will work the same!)
Yoga	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress	Zumba	Combine the calorie burning benefits of traditional aerobics with up to date, fun dance moves and you have Zumba. Catering for every user's ability, it's one of our most popular classes. Come and get fit and bring your Latin spirit with you
Fitness Pilates	Pilates based exercises combined functional movements to improve posture, alignment and balance.	Glute Camp	A class designed to sculpt and define your glutes with a variety of weight-resistance bands and body weight based exercises, focusing on compound lower body movements
Express Core	A great way to strengthen your core through body weight exercises	Zumba Toning	Based around a traditional zumba class, with an extra emphasis on toning and sculpting - really helping to define those muscles! (Light weights optional)
Wellbeing Wednesday	A low impact exercise around chair-based exercise to help with toning and mobility	Body Conditioning	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.
LATINFIT	Dance your way into fitness with this exciting aerobic workout with Kelly!	Low Impact Aerobics	A great class based around traditional aerobics music with great music with the choreography designed to be slightly slower tempo than aerobics.
Fitness Food and Friends	Fitness, Food and Friends is a FREE 12 week program which includes a Live exercise class to take part in at home, Live cooking demonstration, food and nutrition advice, digital support, and many other health & wellbeing tips and advice. Make sure you 'join' Alford Hub's Facebook Page, sessions will be available to join via the page. For more information please contact Marko on: T: 07767 664186 E: marko.humphrey@mvtlc.org	Tea at Three	Join us at 3pm for a good old cup of tea and a natter!
Movement to Music	Light aerobics workout to music. Do as little or as much as you possibly can.	Ten Minute Energiser	Take ten! Time to get up from your desk and join us for a quick ten minute stretch to refresh.
Total Body	A full body workout is just what it sounds like: a workout that aims to hit all the major muscle groups in one single session.	Dance with Donna	Dance away your Sunday morning with Donna. Using moves from Clubbercise, Pound and Rave Fit.

Classes in blue take place on through our Facebook classes group facebook.com/groups/magnavitaeclasses and are FREE of charge.