

MAGNA VITAE PRESENTS VIRTUAL ONLINE CLASSES

From 18th January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7am					Total Body		7am
8am							8am
9am							9am
10am	Body Conditioning	HIIT	Pilates		Pilates	Zumba	10am
11am	Pilates	Yoga	Zumba	Low Impact Aerobics	Zumba		11am
12pm		Zumba Toning		Body Conditioning			12pm
1pm	Total Body						1pm
2pm			Wellbeing Wednesday				2pm
3pm							3pm
4pm							4pm
5pm							5pm
6pm	Rave Fit	R1ze	Zumba	Express Core			6pm
7pm	Yoga	Pilates	Glute Camp	Sh1ft			7pm
8pm	Running Q&A			Stretch & Mobility			8pm
9pm							9pm

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

MAGNA VITAE PRESENTS VIRTUAL ONLINE CLASSES

Instructors:

DONNA

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

Tuesday
Zumba (6pm)

Wednesday
Zumba (10:15am)

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

Friday
Zumba (10:15am)

LAURA

Monday
RAVE FIT (6pm)
Running Q & A (7pm)

Tuesday
Fitness Pilates (9.15am)
R1ze (6pm)
Pilates (7pm)

Wednesday
Pilates (9:15am)
Fitness Pilates (6pm)

Thursday
Sh1ft (6:45pm)
Stretch & Mobility (7:45pm)

Friday
Pilates (9.15am)

SAMMY

Wednesday
Glute Camp (7pm)

GEORGE M

Thursday
Express Core (6pm)

Friday
Total Body (7:15am)

ERICA & LIZZIE

Wednesday
Wellbeing Wednesday (2pm)

SUSAN

Monday
Yoga (7pm)

JAQUI

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

GEORGE S

Tuesday
HIIT (9:15am)

KELLY

Saturday
Zumba (9:30am)

KENNY

Monday
Total Body (1pm)

Class Descriptions:

Total Body	Using all the major muscle groups, a workout mixing strength and cardio (weights optional)
Pilates	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine
Rave Fit	A 90's inspired dance aerobics class (glow sticks optional)
Yoga	A physical and mental exercise using stretching and breathing to help improve posture and core stability, whilst helping you relax and release stress
R1ze	Functional training using the step. YOU will utilise multi dimensional functional movements for a full body interval blast. Step is optional.
Fitness Pilates	Pilates based exercises combined functional movements to improve posture, alignment and balance
Express Core	A great way to strengthen your core through body weight exercises
Sh1ft	A bodyweight HIIT training class
Wellbeing Wednesday	A low impact exercise around chair-based exercise to help with toning and mobility
Stretch & Mobility	This class is ideal for anyone looking to improve that posture, proper body alignment, better movement and flexibility

HIIT	(High-Intensity Interval Training) is one of the best ways to improve your fitness! Get better results in less time. An efficient combination interval training offset by low intensity recovery periods allows you to truly go all out!
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
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
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)
Body Conditioning	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym
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