

MAGNA VITAE PRESENTS VIRTUAL ONLINE CLASSES

Instructors:

LAURA

Monday 21st Dec
Fitness Pilates (6pm)
Yoga Fusion (7pm)

Tuesday 22nd Dec
Lift Lean (6pm)
Pilates (7pm)

Wednesday 23rd Dec
Pilates (9:15am)

Thursday 31st Dec
Pilates (9.15am)
Low Impact (10.15am)

GEORGE M
Tuesday 29th Dec
Express Core (6pm)

SAMMY
Wednesday 30th Dec
Glute Camp (6pm)

ERICA & LIZZIE
Wednesday 23rd Dec
Wellbeing Wednesday (2pm)

KELLY
Saturday 12th Dec
Zumba (9:30am)

	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25	SATURDAY 26	
7am							7am
8am							8am
9am			Pilates				9am
10am							10am
11am							11am
12pm					CLOSED	CLOSED	12pm
1pm							1pm
2pm			Wellbeing Wednesday				2pm
3pm							3pm
4pm							4pm
5pm							5pm
6pm	Fitness Pilates	Lift Lean					6pm
7pm	Yoga Fusion	Pilates					7pm
8pm							8pm
9pm							9pm

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Class Descriptions:

Pilates	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.
Yoga Fusion	A physical and mental exercise using stretching and breathing to help improve posture and core stability, whilst helping you relax and release stress
Lift Lean	An interval based workout to get the heart pumping and muscles strengthened. (Weights recommended)
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.
Wellbeing Wed	A low impact exercise around chair-based exercise to help with toning and mobility.
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.
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.

	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 1	SATURDAY 2		
7am							7am	
8am							8am	
9am							9am	
10am				Pilates		Zumba	10am	
11am				Low Impact			11am	
12pm	CLOSED				CLOSED		12pm	
1pm							1pm	
2pm								2pm
3pm								3pm
4pm								4pm
5pm							5pm	
6pm		Express Core	Glute Camp				6pm	
7pm							7pm	
8pm							8pm	
9pm							9pm	