

MAGNA VITAE PRESENTS VIRTUAL ONLINE CLASSES

From 5th January - 17th January 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7am					*Total Body*		7am
8am							8am
9am	Body Conditioning	*HIIT*	Pilates		*Pilates*		9am
10am	Pilates	Yoga	Zumba	Low Impact Aerobics	Zumba	Zumba	10am
11am		Zumba Toning					11am
12pm				Body Conditioning			12pm
1pm							1pm
2pm	*Total Body*		*Wellbeing Wednesday*				2pm
3pm							3pm
4pm							4pm
5pm							5pm
6pm	*Rave Fit*	*Lift Lean*	Fitness Pilates	*Express Core*			6pm
7pm	Yoga	Pilates	Glute Camp	Sh1ft			7pm
8pm				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)

Wednesday
Zumba (10:15am)

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

Friday
Zumba (10:15am)

LAURA
Monday
*RAVE FIT (6pm)

Tuesday
*Lift Lean (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 (2pm)

Class Descriptions:

Total Body	Using all the major muscle groups, a workout mixing strength and cardio (weights optional)	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!
Pilates	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine	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
Rave Fit	A 90's inspired dance aerobics class (glow sticks optional)	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
Yoga	A physical and mental exercise using stretching and breathing to help improve posture and core stability, whilst helping you relax and release stress	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)
Lift Lean	An interval based workout to get the heart pumping and muscles strengthened. (Weights recommended)	Body Conditioning	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym
Fitness Pilates	Pilates based exercises combined functional movements to improve posture, alignment and balance	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
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		