

GROUP EXERCISE

dare to be different



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	18.10 - 18.55 FREESTYLE PUMP				
	19.00 - 19.45 PILATES Bernadette	19.00 - 19.45 YOGA	19.00 - 19.45 ZUMBA Silvia		

FREESTYLE PUMP

A great workout for anyone looking to get lean, toned, and fit. Utilising light to moderate weights with lots of repetitions, Freestyle Pump gives you a total body workout.

PILATES

Improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and Improving coordination and balance.

YOGA

A great class that gets the body and mind working together; through poses and controlled breathing. This class will improve: strength, stamina, mobility, stability and body alignment slowly & progressively.

ZUMBA

Zumba is a fun, dance- fitness workout that is a good option for people who enjoy upbeat music and an energetic group, with a party vibe.

T: 020 8240 6710
E: OASIS@3DHEALTHANDFITNESS.CO.UK

3dhealthandfitness.co.uk

