

family exercise experience

Class name	Age
Aqua*	12+
Barre	12+
Body Attack	12+
Body Combat™	12+
Dance	12+
HIIT	12+
Zumba®	12+

Class name	Age
Cardio Tennis	14+
Mat Pilates	14+
Outdoor Cardio Tennis	14+
Group Cycle*	14+
Cycle Power*	14+
Cycle Tempo*	14+
Boxing Partner Work	14+
RPM™*	14+
Yoga - Ashtanga	14+
Yoga - Hatha	14+
Yoga - Vinyasa	14+
Yoga - Yin	14+
Yoga Align	14+
Yoga Calm	14+
Yoga Flow	14+

All juniors must have a parent or guardian to accompany them in the class.

Available in the following clubs: Bromley, Solihull, Clearview, Thundersley, Northampton Riverside Park, Sheffield, Broadfield Park, Chelmsford, Nottingham, Swiss Cottage, Crouch End, Northampton Collingtree Park, Wandsworth, Mill Hill, Chiswick Riverside, Islington, Twickenham, Notting Hill, Fulham.

Aqua and all cycle classes - height restrictions apply.