



Exercise Classes

Absolute Abs a great class to tone up the stomach and strengthen up the back.

Active Change a class to help with symptoms of the perimenopause and menopause. Working on bone strength, balance, reducing muscle loss, weight management and flexibility.

Active Health a circuit based class to improve health and wellbeing, specifically for people with defined medical conditions

Aquaflex water based class to improve your flexibility, strength and fitness.

Body Sculpture combines the principles of Tai Chi, Yoga and Pilates helping to increase strength, improve flexibility, mobility and posture.

Box Fitness this class combines very simple principles of boxing with bodyweight exercises to improve your body composition and strength. It's a great way to de-stress.

Cardio Dance a dance aerobic workout and toning class.

Circuits / Super Circuits a fat burning, sculpting, full body workout.

Hatha Yoga moving your body slowly and deliberately into different poses that challenge your strength and flexibility

Lift N Tone a full body muscle conditioning class that will add strength and definition, utilising barbells, free weights and kettlebells



Motivate perfect for the more mature, this class includes circuits, low impact aerobics and toning.

Pilates a low intensity, muscle strengthening workout that focuses heavily on building strong core muscle and full body flexibility.

Saturday Fit a strength/cardio session on building muscle and improving technique with weights or functional movements. Designed to burn calories and improve stamina.

Spin a fun fast way to stay in shape, offering high and low intensity levels. This is cycling as you have never know it before!

Yoga a creative form of Yoga drawing, including a variety of meditation and breathing, all levels of fitness.

YogaFit combining the strength and flexibility of yoga with a high intensity resistance training for the muscles.

Yogalates combines the principles of Tai Chi, Yoga and Pilates, helping to increase strength improve flexibility mobility and posture.

(Minimum age for classes is 14 years)

Referral based classes Cardiac Phase 4 and Active Health These classes are delivered by a speciality specific qualified fitness instructor.

MEMBERS AND NON MEMBERS WELCOME

**MEMBERS CAN BOOK 10 DAYS AHEAD
NON MEMBERS CAN BOOK 7 DAYS AHEAD**

ALL CLASSES MIXED ABILITY

Odstock Health and Fitness

Class Timetable



Contact us

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