



Exercise Classes

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

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.

Cardio Dance a dance aerobic workout and toning class.

Circuits a fat burning, sculpting, full body workout.

Functional Training a calisthenics class focusing on building strength and balance, using your own body weight.

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.



Rave Fit get your rave on! Where fitness meets the dancefloor.

Reset Slow it all down with deep, restorative stretches, yoga and guided meditation.

Designed to calm your mind and release tension

Saturday Fit a strength/cardio session on building muscle and improving technique with weights or functional movements.

Spin a cycling workout, fun fast way to stay in shape, offering high and low intensity levels.

Stretch & Mobility Improve flexibility, mobility and recovery to support your training and everyday performance. Perfect for those who lift, run and train.

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 Cardio Pulse, Active Health & Aquatics for 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

Telephone 01722 425085
Direct Dial

Telephone 01722 336262 Ext 2085
Via Switchboard

E-mail sft.odstockhealthfit@nhs.net