Tuesdays
9.45 – 10.30

FOAM ROLLER PILATES

INTENSITY: 7 -9/10

FR Pilates is a more advanced form of Pilates so not really suitable for beginners. It requires a certain foundation of strength in the core. Cat will also be working on balance and ironing out your muscle fascia with the rollers, to leave you feeling long and lean.

Get a core of steel with this athletic class

Tuesdays
10.30 - 11

DEDICATED STRETCH CLASS

Intensity level 5 - 7

This thrice weekly class is proving vital for our Gym and class members as we are, as we practice week by week with this SLOW stretching process, visibly getting more range of movement as we go. Lovely!