

# GLIDING:

*Tues 6 p.m*  
*and Fridays*  
*1 p.m*

GLIDING challenges the muscles in a completely different way to a normal contraction (Techno bit: eccentrically as opposed to concentrically!), so this is really GOOD for even faster results GLIDING discs, under your feet, or hands mean you 'slide' into positions, and the 'braking' action is what makes the muscle work so very differently to normal exercises.

You'll get a warm up, then a resistance band routine, step component, then mind body to relax at the end – ALL using gliders! Gym clients are LOVING these!! You can buy the gliders and resistance bands, at the gym RRP £20/£5 If you buy your Gliders from us you can also bring them to your normal gym session for a mini class of Gliding with us then, too!