

# THE WELL TIMETABLE DESCRIPTIONS

## REFORMER BURN

*Class Type: Pilates*

**Class Duration: 45 mins**

Take your body to new heights in this challenging, fast-paced streamlined and flowing class, sculpting and toning the body from the inside out. Your entire body will be tested in each class as we target specific areas to ensure your body is developed systematically.

This class is suitable if you're experienced with a confident understanding of the Reformer and your own personal settings and modifications.

If you're pregnant, unfortunately this class is not suitable for you due to the intensity of the exercises. We recommend you participate in our Foundations class.

## REFORMER CONDITIONING

*Class Type: Pilates*

**Class Duration: 50 mins**

Pilates Conditioning continues to build on the essentials of Pilates while improving your stamina and agility.

Exercises are chosen to activate and mobilize the joints in a natural flow and sequence that is suitable for all levels.

Our instructors can adjust the intensity of your workout to make sure this class is suitable for those just graduating from beginner classes through to challenging even the most experienced student.

## REFORMER FOUNDATIONS

*Class Type: Pilates*

**Class Duration: 50 mins**

A 50 minute introductory class. Ground yourself in the essentials of the Pilates Reformer, mastering the proper technique required to build core strength, stability and mind-body connection.

Experience precise, controlled exercises that target specific muscle groups, fostering better posture and muscular balance.

Led by expert instructors, this class provides a supportive environment for those new to Reformer Pilates, guiding you toward a solid foundation for a sculpted and resilient body. Join us for a transformative journey into the essentials of Pilates practice.

## REFORMER CARDIO

*Class Type: Pilates*

**Class Duration: 50 mins**

Ignite your Pilates routine with our dynamic fusion class. Blending traditional Reformer exercises with heart-pumping cardio intervals, this session delivers a full-body workout that boosts metabolism and enhances endurance. Led by expert instructors, Reformer Cardio is the perfect blend of strength and cardio for a revitalizing fitness experience.

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## BARRE BURN

*Class Type: Barre*

**Class duration:** 45 mins

Barre Burn will reshape and sculpt your body. Barre burn fuses principles from dance, Pilates, yoga and interval training into a fun, challenging workout.

You'll be using some resistance equipment, floor exercises, dance moves and of course the barre for a complete workout of your muscles and cardiovascular system.

We recommend you have some experience of dance, Pilates or yoga and you're in good general health to take this class. As always though, check with our trainers if you're unsure.

## BARRE XPRESS

*Class Type: Barre*

**Class Duration:** 30 mins

Barre Xpress is a fast-paced 30 minute class will reshape and sculpt your body. BarreXpress fuses principles from dance, Pilates, yoga and interval training into a fun, challenging workout.

You'll be using some resistance equipment, floor exercises, dance moves and of course the barre for a complete workout of your muscles and cardiovascular system.

## YIN YOGA + MEDITATION

*Class Type: Meditation + Yoga*

**Class Duration:** 60 mins

Yin is a Taoist word that describes qualities such as slow, introspective, still and receptive. This peaceful style of class will cultivate your yin nature as it is primarily done lying down or seated with props to support you in long holds (approx 3 - 8 minutes). The long holds also make it effective for enhancing flexibility, lengthening muscles and supporting joints.

Yin Yoga works to increase the flow of energy through the body so it is great for busy minds and tired bodies. Each class will focus on different energy channels/meridians to rejuvenate the body.

Meditation has a plethora of benefits ranging from stress reduction to creativity. Learn simple skills to empower your mind, reset your body and awaken to your heart. This class is great for anyone and everyone.

## STRENGTH HIIT

*Class Type: Strength + Conditioning*

**Class Duration:** 45 mins

A group session combining resistance training and cardio, our circuit class will have you on your toes from start to finish. Classes have a maximum of 12 people, ensuring you get one-on-one assistance from your trainer to help you achieve your goals.

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## CARDIO HIIT

*Class Type: High Intensity Training*

Class Duration: 45 mins

This High intensity based cardio interval workout is focused on body weight while incorporating light weights giving you a full body workout.

## TONE AND STRENGTH

*Class Type: Weight Training*

Class Duration: 45 mins

Full body strength class that will target your entire body. This class aims to improve overall strength and endurance as well as burning calories and improving bone health. Caters to all fitness levels

## BOOTIE BURNER WITH ABS

*Class Type: Resistance Training*

Class Duration: 45 mins

This class is focused on activating those glute muscles to get the best out of your booty sessions.

## MAT PILATES HIIT

*Class Type: Pilates*

Class Duration: 30 mins

A 30 minute, floor based class focused on the principles of Pilates - alignment, strength and stability. More of a fast-paced burn than regular mat Pilates, expect to work up a sweat and get those muscles burning!

## MAT PILATES

*Class Type: Pilates*

Class Duration: 50 mins

Transform your body with core-focused exercises on the mat. Enhance strength, flexibility, and posture in this accessible session suitable for all fitness levels. Rejuvenate your mind and body for a balanced, empowering workout.