

# K'n'S Fitness

## - Class Timetable

<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Cost</u>	<u>Instructor</u>	<u>Suitability</u>
**Monday	17:00- 18:00	Pilates	Malpas Community Centre	**£18.00 (Course)	Sue	All
Monday	18:00- 19:00	Tai Chi	Malpas Community Centre	£3.00	Sue	All
Tuesday	09:30 – 10:30	Aerotone	St Johns Hall Penhow	£3.00	Karen	All
Tuesday	19:30 – 20:30	Pilates	St Johns Hall Penhow	£3.00	Karen	All
*Wednesday	09:30 -10:30	Fit Ball	Rogiet Sports Pavilion	£3.00	Karen	All
Wednesday	16:15 – 17:15	Kids Fit	Rogiet Sports Pavilion	£2.50	Karen	Ages 4 to 8
Thursday	13:00- 14:00	Legs, Bums & Tums	Malpas Community Centre	£3.00	Sue	All
Thursday	14:00- 15:00	Mind Body Fusion	Malpas Community Centre	£3.00	Sue	All
Thursday	18:15- 19:15	Pilates (Men Only)	St Johns Hall Penhow	£3.50	Karen	Men Only
Thursday	19:15- 20:15	Aerotone	St Johns Hall Penhow	£3.00	Karen	Ages 8 to 80
Friday	09:30- 10:30	Pilates	St Johns Hall Penhow	£3.00	Karen	All
Friday	16:30- 17:30	Kids Fit	Malpas Community Centre	£2.50	Sue	Ages 4 to 8
Friday	18:00- 19:00	Aerobics	Malpas Community Centre	£3.00	Sue	All

All classes are run by our fully qualified instructors. Discounts are available; see our web site for all the latest offers.

\*Note: You will require a Fit Ball to participate in the Fit Ball Class. You may bring your own or email us at [info@knsfitness.com](mailto:info@knsfitness.com) to order one.

\*\* Class takes place in meeting room, places strictly limited. Course of 6 sessions £18, must be booked in advance

For further information on these classes and other services available as well as the latest news and information please log on to our web site at:

<http://www.knsfitness.com>

## **Class Descriptions**

### Aerobics / Aerotone

A combination of choreographed movements and toning exercises using body weight or resistance equipment, set to motivational music in a fun environment. These classes provide an effective way to burn calories and increase fitness levels. Suitable for all ages and abilities.

### Legs, Bums and Tums

A class designed to tone and shape the areas we all want to improve our legs, bums and tums! This class will include toning exercises, floor work on a mat and some cardio work. All participants are encouraged to work within their own fitness level.

### Fat Burner Class

A class designed to burn calories, shape and tone. This is the ultimate fat burner! This class will include interval work with low and higher intensity cardio options. Also toning exercises for the whole body. This class is for anyone who wants to get in shape!

### Fit Ball

A class using a fit ball. This class is excellent for improving core strength. It will help you improve your posture, strength and balance. The main focus areas will be the tummy and back, however you will get a whole body workout also!

Note: Fit Balls must be bought before attending the Fit Ball Class. We can order you one, Please [contact us](#) for details and ordering.

## Kids Fit

A dynamic mix of games, dance and sports skills aimed at improving the health and fitness of the younger generation.

## Step

Step aerobics is a form of aerobic activity which is performed on a platform that usually ranges from 4" to 10" in height. Step training was developed to provide a low-impact activity that is both challenging and interesting. People who may not like certain aspects of aerobic dance find that step is a very good alternative. Each participant works within his or her own space. There is no traveling across a room. When done properly, step training is an efficient means of improving aerobic fitness.

## Pilates / Tai Chi / Mind Body Fusion Class Descriptions

These classes focus on strength and flexibility using a variety of exercises. This type of exercise has been recommended by many health professionals, to improve back strength and mobility. You will improve your abdominal and back strength, plus your posture with regular attendance. Some of these classes are done on a mat and are suitable for everyone!

Tai Chi, Chi Kung is a form of dynamic meditation using gentle, flowing movements to produce a vast range of health benefits. These include:

- Improvements to posture and flexibility
- Improved balance and body awareness
- Reduced levels of stress
- Better sleep patterns, leading to increased energy levels

Classes are suitable for virtually anyone, regardless of age, ability or fitness levels.