



forest fitness

leisure for you

Class List Updated 26th January 2017

Day	Class	Time
Monday	Soca Aerobics	6.30-8.00pm
	Yoga	6.45.-7.45pm
	Group Cycling	7.30-8.15pm
	Yoga	8.00-9.30pm
	Zumba	8.00-9.00pm
Tuesday	Zumba	6.00-7.00pm
	Fit2Fite	7.00-8.15pm
	Yoga	7.30-9.00pm
Wednesday	Group Cycling	7.30-8.15pm
	Circuit	7.45-8.45pm
Thursday	Yoga	6.30-7.30pm
	Fit2fite	7.45-9.00pm
Friday	Group Cycling	6.15-7.00pm
	Yoga	6.30-7.30pm &
	Yoga	7.45-9.15pm
	Legs, Bums, n Tums	7.05-7.50pm
Saturday	Body Conditioning	10.00-11.00am
	Boxfit	11.00-12.00pm
	Family Yoga	10.30-11.30am

Forest Fitness, Forest Gate Community School, Forest Street, E7 9BB
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Class Descriptions

Soca Aerobics- Soca is a lively form of Caribbean Dance. It is fun and suitable for all age ranges and can be adapted to all physical ability levels. You do not have to be familiar with Caribbean Dance and Music to enjoy Soca Aerobics; in fact it is a great introduction to Caribbean Culture.

Group Cycling- is a form of exercise with classes focusing on endurance, strength, intervals, high intensity and recovery, that involve using a special stationary exercise bicycle with a weighted flywheel in a classroom setting. It is commonly called Spinning.

Zumba- Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

Fit2Fite- FIT2FITE™ is a harmonious marriage of martial art techniques rhythmically synchronised to the finest uplifting dance music to create an energy charged aerobic experience.

Yoga-Yoga is a commonly known generic term for physical, mental, and spiritual disciplines which originated in ancient India.

Circuit Training- Hugely popular, this class is a great way to meet people whilst getting a varied workout. A total mix up of hi/low impact cardiovascular stations amongst toning exercises makes this an excellent class for all!

Box Fit- Great cardio Action packed workout great for your arms, upper body and torso .for all fitness levels. Great for fat burning, stamina, strength and toning.
Come and have some fun and pack out those punches.

Body Conditioning- Whole body workout that uses a variety of equipment I.e weights, bands, steps and weights to help tone strengthen and reshape you from head to toe.
Come and have some fun.

Legs, Bums n Tums – Concentrating on those problem areas. This class will really help you shape and tone those wobbly bits.