



Group Exercise Classes

Classes are included in your Lake Fitness @ No 10 Membership.

For more information go to:

www.arlingtonparkreading.com/arlington-park-wellness

or email lakefitness@arlingtonparkreading.com

	Afternoon						Evening						
	12.00pm	12.15pm	12.30am	12.45pm	1.00pm	1.15pm	1.30pm	1.45pm	5.15pm	5.30pm	6.00pm	6.15pm	6.30pm
Monday	12 Noon-12.45pm Box Fit By Kevin			12.45pm-1.30pm Yoga Flow By Richard									
Tuesday	12.15pm-12.45pm Shred IT By Kyle			12.45pm-1.15pm Abs, Abs & More Abs By Kyle									
Wednesday	12.15pm-12.45pm Pilates By Polly			12.45pm-1.15pm Stretch By Polly		1.15pm-1.45pm Beginners Pilates By Polly		5.30pm-6.15pm HIT By Kevin					
Thursday	12.15pm-12.45pm Strength & Conditioning By Kevin			12.45pm-1.15pm Abs, Abs & More Abs By Kevin									

Classes available on our YouTube Channel
 @lakefitnessarlingtonpark
 PILATES • STRETCH • HIT

SCAN HERE TO JOIN LAKE FITNESS @ NO 10

Class Descriptions

Abs & More Abs
 An abdominal exercise class focuses on strengthening and toning the core muscles, including the abdominals, obliques, and lower back. It incorporates various exercises like crunches, planks, and leg raises to improve posture, stability, and endurance. These classes enhance overall fitness, aid in injury prevention, and promote a leaner appearance.

Box Fit
 A cardio workout based on the training used for boxing, focusing on toning and fitness. It includes skipping, boxing drills and bodyweight exercises that incorporate footwork and abdominal movements.

HIT
 A form of interval training, and cardio fitness performed by alternating short periods of intense anaerobic exercise with less intense recovery periods, involving short bursts or high and low intensities.

Pilates
 The stretch to focus on elongation of muscles and limbs, moving the body through different forms of stretch to reduce muscles tension, stiffness and stress. Encouraging the body to become more mobile and flexible.

Shred It
 A cardio based, high intensity combination workout, using a level of different formats including weights and body weight. The focus is maximal workout, minimal rest. Great cardio workout.

Strength & Conditioning
 Strength and conditioning classes are designed to work on the parts that you need most help with. Legs, Bums and Tums, we've got you covered from head to toe.

Stretch
 Stretching helps to elongate the body and increase blood flow to our muscles which increases levels of oxygen. This makes us feel a lot more energetic and balanced, releasing those endorphins that help to reduce pain and enhance our mood. Increasing mobility will help body change shape, enhance your flexibility, and help improve posture. And...because of these facts, Stretch also helps prevent injuries happening when participating in sports/fitness classes.

Yoga Flow
 Coordinating body movements with breath to flow from one pose to the next. To focus on strength, openness, stillness, awareness and breath.
 Some yoga experience is advisable.