



Class List Updated 6/2/ 2019

Free to members, £5.00 non-members unless otherwise stated.

Day	Class	Time
Monday	Soca Aerobics	6.30-8.00pm
	Yoga (£6.50)	6.45.-7.45pm
	Group Cycling	7.30-8.15pm
	Yoga (£6.50)	8.00-9.15pm
Tuesday	Zumba (£2)	6.00-7.00pm
	Fit2Fite (£6)	7.00-8.15pm
	Yoga	7.30-9.00pm
Wednesday	Tai Chi	5.30-6.30pm
	Body Blast Circuit	8.15-9.00pm
Thursday	Group Cycling	6.30-7.15pm
	Yoga (£6.50)	7.00-8.00pm
	Yoga (£6.50)	8.15-9.15pm
Friday	Yoga (£6.50)	6.30-7.30pm
	Legs, Bums, n Tums	6.45-7.45pm
Saturday	Body Conditioning	10.00-11.00am
	Boxfit	11.00-12.00pm
	Group Cycling	11.30-12.15pm

Classes are subject to change and instructor availability. Forest Fitness reserve the right to cancel classes at any time.

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

Tel no: 020 8534 8666 option 2 email: paul.runham@forestgatecst.org

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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.

Body Blast Circuit- In our Circuits class, the studio is set up with various exercise stations, you'll move around each station and workout different muscle groups. You'll work hard and test both your cardio and strength for an all-round challenge.

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

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.

Tai Chi - Tai Chi for Health and Balance Tai Chi is an internal martial art which can also be used as an effective form of exercise, to help bring together the mind, body and spirit. In this class you will learn standing meditation (also known as Chi King or Qi Gong), followed by traditional Tai Chi exercises to help loosen the joints, stretch the muscles and still the mind.