



The Pickaquoy Centre home workout videos

Sign up today at www.pickaquoy.co.uk



14 - 20 SEPTEMBER

MONDAY

1800 - 1820
**Beginners
Circuit**

Beginners

TUESDAY



1930 - 2000
**Bodyweight
Circuit**

All levels

WEDNESDAY

0700 - 0730
**HIIT
Cardio**

Intermediate & Advanced

THURSDAY



1930 - 2000
**HIIT
Strength**

Intermediate & Advanced

FRIDAY

1000 - 1030
**Get
Fit**

Beginners

1035 - 1050
**Chair Based
Stretch**

Beginners



CLASS DESCRIPTIONS

Beginners Circuit has been specifically designed for those individuals who are new to exercise, returning to exercise post injury or pregnancy, or just looking to add some more movement into their weekly routine. No equipment is required for this class but you may want to have a sturdy chair available as extra support.

Stretch & Calm is a 30-minute session that will help you learn and perform stretches to improve mobility and flexibility, but also help reduce the risk of injury. The class will include 5-10 minutes of calming practice at the end to help relieve stress and tension, leaving you relaxed and calm.

Bodyweight Circuit is a 30-minute full body circuit-based class that will help improve your muscular endurance and cardiovascular fitness while helping to tone your full body.

HIIT Cardio is a 30-minute high-intensity interval training (HIIT) workout that will help improve your cardiovascular fitness and agility while burning lots of energy! This workout uses a variety of body weight exercises and provides the challenge and intensity needed to get results fast, so no other equipment is required.

HIIT Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. You will require a barbell or a small to medium set of dumbbells, and the workout will be adapted for both pieces of equipment.

Get Fit is for those who have missed Fit 'n' 50+, or just want to have fun while exercising. This is an enjoyable and inclusive 30-minute workout to help build up cardiovascular fitness and strength. The first part of this class will be an aerobics-based workout to music. The second part will be strength based with a mixture of standing and sitting exercises.

Chair Based Stretch is a 15-minute chair based stretching class that will guide you safely through stretches and movements to help improve your mobility, suppleness and circulation. You will require a sturdy chair for this class (ideally an armless chair). This class is suitable for beginners and those with reduced mobility.

For full class descriptions, visit www.pickaquoy.co.uk