

- **BODY BLITZ CLASSES** - These classes are power workouts, 45 minutes of top to toe body resistance work using the overload principle to develop muscle tone, cardio system, strength and stamina. Great music, fantastic workouts for anyone in a hurry and your body will adapt quickly as muscle memory is constantly being challenged.
- **RUNNING CLUBS** - NuWo running clubs are throughout the week and a mix of beginners to improvers. Run by experienced runners who will encourage and focus you individually each time you go out. Always trying new routes and enjoying the beautiful surroundings that Henley-on-Thames has to offer.
- **STRETCHING** - These classes are to encourage good flexibility, mobility and to improve general well-being as the body relaxes. They are a great way to help anyone who feels tight and generally uncomfortable as well as those who just want to enjoy some relaxation.
- **ADULT TAP** - Great fun classes, all levels from Beginners to Advanced. Every summer the classes put together a presentation for friends and families to come and enjoy. Lots of great choreography, fun, team work and social events! The classes are now run by Ann Burley.
- **ZUMBA** - Do you want to get fit and enjoy some cool salsa music? These fun dance/fitness classes are great for anyone looking to wiggle their way fit and are a great way to get fit whilst having a lot of fun in the process. Come and try a class and see what you think?
- **ZUMBA GOLD - Zumba Gold** is for active older adults who are looking for a modified **Zumba** class that recreates the original moves you love at a lower-intensity.
- **INSANITY** - These classes are high intensity/impact workouts. You will work hard, be pushed a little more and you will find a strength you never knew you had as you dig deeper and deeper into your soul and energy levels. Great power workouts that will leave you wanting more.
- **BOOTCAMPS** - Bootcamps are outside, and blast the body fat whilst focusing on muscle tone, endurance and mental strength. Really great fun sessions with a group of friends that work hard, laugh hard and are very rewarding. You will achieve so many personal goals and find that habits get changed very quickly.
- **ADULT BALLET** - Ballet classes are such a great way to tone, develop muscle, improve posture and also unwind your mind with beautiful music. Our classes are in mirrored studios, with a ballet barre and taught by experienced, talented and very motivating instructors. The classes don't do exams.
- **WALKING CLUB** - If you aren't a runner but find it hard to get your steps/miles in each week then come and try our walking clubs. 45 minutes power walking around Henley-on-Thames with our experienced instructors. An invigorating walk is just as good for you as a run, with less strain on your body.
- **LEGS/BUMS/TUMS** - Do you want to tone the derriere, legs, have a stronger core and feel more confident in yourself when wearing summer clothes? Then come and join us for this 45 minute class that will work you very hard using the overload principle and a variety of

exercises that will challenge your mind and body! You will find an inner strength with these amazing classes.

- **P90X** - P90x are the revolutionary new workouts from Beachbody that challenge your muscle memory and develop strength, cardio, resistance, flexibility and tone using weights/resistance bands and a good focused mind. You will notice big differences to your body in a short amount of time.
- **LADIES DANCEFIT** - Senior ladies can enjoy the freedom of dance and fitness at The HAODS Studio in Henley with experience instructors. These classes are great to improve flexibility, mobility, strength and cardio. Designed for the older lady who believes in their well-being and fitness.
- **ADULT JAZZ** - These Jazz classes are for any dancer out there who is missing choreography and having the freedom to enjoy dance at its best. Jazz dance classes are led by experienced dancers who design and produce great routines using great music and in a mirrored studio. Good friends are made and the classes have a great deal of fun doing what they love to do.....dance!
- **BIKINI ABS** - These classes are focused entirely on the core/postural muscles and designed by Emma-Jane Taylor. You will find that six-pack and become stronger in the core and back area. Great way to increase your weekly workouts and gain maximum benefit from your training plans.
- **POP UP WEEKS** - *Pop up weeks come up throughout the year and focus on different times of year ie Skit Fit is in the Winter, Beach Bums is in the Summer and Frizzy Fit is in the Autumn. Members ONLY*
- **BOOTCAMP WEEKS** - 5 nights of Bootcamp, outside under the stars. These sessions are designed very carefully by Emma-Jane Taylor to work and overload the entire body whilst having a great time with friends who share the same interest of getting into good shape. Each night the session is 75 minutes and includes a good stretch and relaxation.
- **VERAFLOW** is an amazing stretching/dancing/relaxation class for all ages. Everyone will benefit from this mobilising and strengthening classes. Classes are taught by our Veraflow specialist and are to music.
- **PILATES** Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing.
- **HATHA YOGA** The word hatha describes any kind of yoga in which poses are done. Remember that yoga has eight limbs, only one of which, asana, is concerned with yoga poses. If you do Iyengar Yoga, this is hatha yoga. If you do Ashtanga, as different as it may seem, it is also hatha yoga. Any of the many contemporary types of physical yoga practices can be accurately described as hatha yoga.
- **ZUMBA STEP** These are for the Salsa lovers who enjoy variety and fun. Back to the 80's with some good old fashioned Step Aerobics mixed with fun tunes and good atmosphere

- **CARDIO BARRE CIRCUITS**

We are so excited to bring you this new class. It will challenge your body to a new level of fitness, and engage muscles you didn't know you had! During this unique High Energy Circuit Class, you will experience a Full Body Cardio Workout. It is basically a fusion of Dance, Pilates, Ballet and Circuit Boot Camp Drills. You should bring with you a pair of socks with grips and trainers, a bottle of water and a towel. You don't have to have had any dancing background even though a 'Barre' is used. You will perform a block exercises' in a series, some to a timer. Each class includes a Warm-up, Building your Cardio Endurance. Working and Strengthening the Upper and Lower body and Core Stability. You will use the 'Barre' in a Fun and Energised way, adding a new take to Lunges /Planks/Burpees and finishing with a Pilates Abdominal Workout. You will use Weights, Bands and Balls, as well as your own body weight to Tone and Chisel your muscles. The combination of movements are unique to this class. Your Fitness levels and Posture will improve quickly. The VIBE is exciting with motivating music, everyone keen to be there, ready for a challenging uplifting workout. Get ready to sweat and test you limits, and try something new. **'Feel the burn at the Barre'**.

- **D.I.S.C.O Fit** Come and join the DISCO party, lots of HIIT conditioning work with lighting and glitter balls. If you love the DISCO you will love this fun HIIT class
- **BOXFIT** - Boxing is a great way to vary your cardio/strength workouts and discover a new side to your power and strength.
- **CARDIO BEACHBODY** This HIIT session will blast away the bits you want to blast away and will be carefully designed to ensure the workouts are challenging for the cardio system and resistance.
- **BEACH HIIT 30 minutes** of pure beach wear focus. Try it!
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