

Program Title	Instructor	Start Date	Time	# of weeks	Description
Monday Night Zumba	Pat Fletcher	Monday 4 May	5:30pm - 6:30pm	9	A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — and resistance training.
Hatha Yoga	Helen Dobbie	Monday 4 May	7:30pm - 9:00pm	9	Whether you are looking to improve your flexibility, gently strengthen your body or learning how to relax to manage every day stresses in your life, yoga can help you. Classes are non-competitive and cater for varying levels of ability. Classes include a range of postures from sitting and lying prone as well as standing, squatting and some practices on hands and knees. Check with a medical practitioner if you have health concerns.
HIIT 30	Pat Fletcher	Monday 4 May or Thursday 30 April	6:30pm - 7:00pm	9-10	High Intensity Interval Training is a 30 minute, bodyweight workout. It is an effective and simple program for time-poor individuals looking to burn fat by changing the resting metabolism and working big muscle groups with simple high intensity intervals.
Pilates	Kavan London	Tuesday 28 April	6:30pm - 7:30pm (Beginners) 7:30pm - 8:30pm (Advanced)	10	Designed for mobility and stamina, this muscle retraining program focuses on abdominal core strength. It is a mat-work class that engages the mind and challenges the body. Get your back into action. Participants should bring a mat, towel and socks. This course is not suitable for pregnant women. People with injuries require Doctor's approval to participate.

Junk Percussion	Maria Daniels	Tuesday 28 April	7:15pm - 8:15pm	10	Calling all percussion enthusiasts! These classes are fun, funky and easy to learn! Music is based on various Samba rhythms from Brazil, as well as other genres of music. Learn to march, step in time and groove to the beat of your improvised musical instrument. This course is suitable from teens to adults.
Zumba Gold Toning	Pat Fletcher	Wednesday 29 April	9:30am - 10:30am	10	Perfectly tailored for beginners and active older adults who want to focus on muscle conditioning and light weight activity. It blends the Zumba party you love at a slower pace with a total body workout using light dumbbells to shake up those muscles! Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength, atrophy and loss of skeletal muscle mass. Walk in ready to have a blast and tone up, leave exhilarated and empowered!
Thursday Morning Yoga	Sally Riddell	Thursday 23 April	9:15am - 10:45am	11	Enjoy the benefits of yoga in a relaxed atmosphere. Learn techniques to strengthen muscles and improve general aspects of mental, physical and spiritual well-being. Course is suitable for teenagers through to adults. Wear comfortable clothing and bring a yoga mat.
Thursday Night Zumba Toning	Pat Fletcher	Thursday 30 April	5:30pm - 6:30pm	9	Zumba Toning is perfect for those who want to party but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using toning sticks or light dumbbells, helps you focus on

					specific muscle groups, so you (and your muscles) stay engaged. Participants should use dumbbells, max 2kg.
Wu Tao – stretch and relax	Kim Veale	Fri 1 May	9:00am – 10:00am	6	The class will help participants to bring awareness to their body through movement, stimulate blood and energy flow, increase muscle tone, strength and flexibility, improve brain to body connection, reduce stress levels increase relaxation and boost immunity.
UKE Reunion	Shaun Chandran	Saturday 23 May	9:30am - 11am	6	A 6-week online ukulele reunion for anyone who has previously completed our UKE123 beginner course. We aim to reignite our collective creativity during these isolating and challenging times. If you have some basic ukulele skills and would like to join us, you are also welcomed. OHANA means family. And family means nobody gets left behind or forgotten.

