

new year new courses

at Abingdon School Sports Centre

Buy one
get one
half price

Ballet Fit

27 FEB – 27 MAR 2019

Price £37.50 per five-week course

Times 8:35pm – 9:35pm **Ages** 16+

- Sculpt, tone and lengthen muscles
- Improve core strength, balance and posture
- Increase flexibility
- Burn fat

Continuous graceful exercises based on the principles of Ballet technique, set to a soundtrack of classical music with huge benefits to body, mind and soul.



Street Cardio

16 JAN – 13 FEB 2019

Price £37.50 per five-week course

Times 8:35pm – 9:35pm **Ages** 16+

- Burn fat, lose weight and get fit
- Tone muscles and define abs
- Learn fun and funky Street Dance routines
- Groove to the latest tunes!

An action packed session to include an aerobic warm up, body toning exercises and the opportunity to learn hip-hop routines from an internationally recognised choreographer.



Instructor **Selina Marsh**

These courses are taught by ex-professional dancer and now Principal of the renowned Abingdon based Marsh Tompsett School of Dance.

Did you know...?

Abingdon Sports and Leisure run weekly exercise classes along the same theme.



Hatha Flow Yoga

When?

Tues 6:30pm – 7:20pm

Tues 7:30pm – 8:30pm

(All abilities) Ages 16+

Yoga poses are taught in a mindful, flowing sequence to strengthen the body and calm the mind. You will bring awareness to your mind, body and breath, whilst challenging co-ordination and balance through movement.



Zumba

When?

Mon 6:15pm – 7:00pm

Thurs 6:30pm – 7:30pm

(All abilities) Ages 16+

The Zumba classes feature Latin rhythms and dance steps, as well as fitness intervals performed to world music. Classes are estimated to burn 400 to 600 calories per hour, much like other forms of fast social dancing.



Piyo

When?

Thurs 7:45pm – 8:45pm

(All abilities) Ages 16+

Piyo is a workout that combines the muscle-sculpting and core-firming benefits of Pilates with the strength and flexibility of Yoga. These movements speed up to deliver a true fat-burning workout. It is low impact and therefore kind on your joints.

...and many more! For the full range of exercise classes, please visit our website.

Tel: 01235 849 062

Email: ase.info@abingdon.org.uk

Find us: Abingdon School Sports Centre
Faringdon Road, Abingdon, OX14 1BQ

www.sportsandleisure.abingdon.org.uk

 @SportsCentreAb

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Activities are run by Abingdon School Enterprises Limited on behalf of Abingdon School. Company No. 04442429.

We offer pay as you go prices as well as membership packages:

Sign up to our membership from **£21.50** per month

■ **30-minute intense classes**

£4.50 per class

■ **45-60 minute classes**

£7.00 per class