

# FITNESS CLASSES FOR EVERYONE

Whether you're mad about fitness classes or haven't tried one yet, we've got a class to suit you. Our classes fall into six different categories, with each one focusing on different goals and interests.

## LET'S BE STRONG

Start building a better you. Choose from loads of great motivational fitness classes that'll help you strengthen and condition your whole body. From the fun and intense total body conditioning, to ballet inspired moves in ballet fit, and strengthening exercises in power pump, we've got something to take your fancy.

## LET'S FOCUS

Feel better inside and glow on the outside. Build your strength and flexibility in our lower-impact classes, which will leave you feeling refreshed and revived in no time at all. We've got range of classes and courses available like Pilates, Tai Chi and various Yoga classes including hot Yoga and parent and baby Yoga.

## LET'S WORK IT

Get your heart pumping and feel better, with these fast-paced, high-energy classes – why not try a class that really packs a punch in boxfit, pedal your way fit to uplifting music in group cycle, or push yourself to the limit and get better results, faster with extreme interval fitness and more.

## LET'S MOVE

Get fit and feel great. These fun, energising fitness classes are guaranteed to put a smile on your face. From dance aerobics to water workouts and fit beats – where you use drum sticks and body movements to release your inner rock star to exhilarating music – we've got something to keep you smiling.

## LET'S TARGET

If you prefer smaller groups with greater focus, our let's target classes are for you. Classes take place on the gym floor and offer intense training with a real focus on achieving your goals. Using a range of equipment and body weight, exercises will target and focus on either stamina and endurance, strength and conditioning, functional or cardio.

## LET'S EAT RIGHT

Food glorious food. When you eat right, you'll feel incredible too. Our six week healthy eating course combines expert nutrition with fitness classes, to help you treat your body the way it deserves.

If you can't decide, why not try them all! You can book any of our fitness classes up to 7 days in advance by telephone or online at [www.better.org.uk/book](http://www.better.org.uk/book).



**BETTER**  
the feel good place