

# ONLINE FITNESS AND WELL-BEING CLASS TIMETABLE

*W/C 8<sup>th</sup> June 2020*

## **Monday**

**10AM – PILATES (MAT BASED – ALL ABILITIES - 60 MINUTES)**

**11.15AM – PILATES/YOGA FUSION (STANDING AND MAT BASED PILATES AND YOGA EXERCISES – ALL ABILITIES – 60 MINUTES)**

**12.30PM – SEATED PILATES AND YOGA (SUITABLE IF YOU WORK AT A DESK, OR JUST WANT A GENTLE WORKOUT AND STRETCH IN YOUR CHAIR - ALL ABILITIES – 45 MINUTES)**

**6PM – PILATES (MAT BASED AND STANDING – ALL ABILITIES – 60 MINUTES)**

## **Tuesday**

**9.30AM - LEGS, BUMS AND TUMS (ACTIVE CLASS, WITH STANDING AND MAT BASED EXERCISES – 60 MINUTES)**

**10.45AM - FITNESS FOR LIFE (GENTLE MOBILITY, FLEXIBILITY, BALANCE, STRENGTH AND RELAXATION EXERCISES – A GENTLE CLASS THAT CAN BE DONE SEATED, STANDING, OR BOTH – 60 MINUTES)**

**12.00PM – PILATES (MAT BASED AND STANDING – ALL ABILITIES – 60 MINUTES)**

**7PM - YOGA (UNWIND WITH A GENTLE MAT-BASED SESSION – 45 MINUTES)**

## **Wednesday**

**10AM - YOGA FLOW (MAT BASED AND STANDING – ALL ABILITIES – 60 MINUTES)**

**11.15AM – SEATED PILATES AND YOGA (SUITABLE IF YOU WORK AT A DESK, OR JUST WANT A GENTLE WORKOUT AND STRETCH IN YOUR CHAIR – ALL ABILITIES – 45 MINUTES)**

**5PM – HIIT (HIGH INTENSITY INTERVAL TRAINING – 45 MINUTES)**

**6PM – PILATES (MAT BASED –ALL LEVELS – 60 MINUTES)**

## **Thursday**

**10AM – FITNESS FOR LIFE (GENTLE MOBILITY, FLEXIBILITY, BALANCE, STRENGTH AND RELAXATION EXERCISES – A GENTLE CLASS, THAT CAN BE DONE SEATED, STANDING, OR BOTH – 60 MINUTES)**

**11.15AM – ABS BLAST (ACTIVE ABS BASED SESSION – STANDING AND MAT BASED – 45 MINUTES)**

**5.45PM – LEGS, BUMS AND TUMS (ACTIVE CLASS, WITH STANDING AND MAT BASED EXERCISES -60 MINUTES)**

**7PM – YOGA (UNWIND WITH A GENTLE MAT-BASED SESSION – 45 MINUTES)**

## **Friday**

**9.45AM – YOGA FLOW (STANDING AND MAT BASED – 60 MINUTES)**

**11AM – PILATES (MAT BASED – ALL ABILITIES – 60 MINUTES)**

**12.15PM – HIIT (HIGH INTENSITY INTERVAL TRAINING – 45 MINUTES)**

**1.15PM – SEATED PILATES AND YOGA (SUITABLE IF YOU WORK AT A DESK, OR JUST WANT A GENTLE WORKOUT AND STRETCH IN YOUR CHAIR, ALL ABILITIES – 45 MINUTES)**

Classes are £4 each, or £16 for a 5 x class pass (one class free, working out at just £3.20 per class), or £30 for a 10 x class pass (saving £10 and working out at just £3 per class). I'm also running outdoor one to one Personal Training sessions in line with government restrictions and maintaining the 2 metre distance rule. As a valued online class member, throughout June these will just be £25 for the hour (normally £30) or £125 for 6 x sessions. I'm also running online Personal Training sessions. A 30 minute online Personal Training session is £10 or £15 for a 60 minute online session. All one to one sessions will include an email with an exercise programme and instruction on how to perform the exercises safely and correctly. I am also able to run small group outdoor sessions (maximum 5 people) in June. If you would be interested in taking part in an outdoor group session (Yoga, Pilates, HIIT, etc), please message me with days/times you can do and depending on interest, I will organise something in the vicinity. This will obviously be weather dependent. Any more details, or if you would like to book a class/classes, or a Personal Training session, just message me as soon as you can and no later than two hours before the class starts, just so I can send you the ID code in plenty of time to log in with. My contact details are on the bottom of the page.

I'm using Zoom for online classes. If you access it with your computer, just type in zoom us, click join a meeting and then put the ID password in and make sure your mic is on/volume turned up on the computer! If you are going to access it with your mobile phone, then you need to download the app first. It's probably best to log on about 5-10 minutes before the class starts, just in case there are any technical problems 😊 Hope to see you soon. Email: [mdawson@live.co.uk](mailto:mdawson@live.co.uk)

Tel: 07811 933887

Facebook: MD Fitness and Well-Being

## **PERSONAL TRAINING AVAILABILITY IN THE WEEK**

**Monday – 8am - 9am** (online and outdoors)

**2pm - 5pm** (online and outdoors)

**7.15pm – 8.15pm** (online only)

**Tuesday – 2pm – 5pm** (online and outdoors)

**Wednesday – 8am – 9am** (online and outdoors)

**1pm -4pm** (online and outdoors)

**7.15pm – 8.15pm** (online only)

**Thursday – 1pm – 4pm** (online and outdoors)

**Friday – 3pm – 7pm** (online and outdoors)