



## FLOW-X FITNESS CLASSES

Our extensive and structured group exercise timetable allows individuals to enjoy their preferred method of training with results and postural wellbeing at the forefront of our philosophy. From dancing to a new choreographed routine to kettlebell swinging your way to a toned physique, barre, yoga or pilates - we have a class concept for everyone.

Our distinguished and experienced group exercise instructors are here to cue, coach and motivate you to move more, move better and train with purpose. We want you to step away from the idea of “if it hurts, it works”, and come to the realisation that we can help you achieve outstanding results through structured exercise.

Our “FLOW-X” concept prioritises members’ movement longevity through subtle programming. This structured and educational approach ensures each class complements the next, whether that be across the week or back to back classes, promoting adaptation, effective recovery and ultimately ensuring consistently intensive training with a reduced risk of injury.



*Scan the QR code to view our current class timetable*





### ***Form***

How you move and control your body will ultimately determine how you look and feel. Our Form focused classes will ensure you learn how to connect mind to muscle and promote postural alignment. Our Form classes are Pilates Sculpt, Mind to Muscle, Core Connect, Primal Flow, Vinyasa Flow, Classical Ballet, Barre and Yoga.



### ***Liberate***

Liberate is an integral pillar in building a well-oiled machine. Your body should be able to move efficiently in a multitude of planes and ranges without pain and with reduced risk of injury. Our Liberate classes are Release, Isolate and Yoga.



### ***Overload***

Take your body to failure with our Overload classes, focused on compound (multi-joint) movements that will challenge you both physically and mentally. If you are looking to burn fat, shape and tone your body, this class concept should be an integral part of your weekly class cycle. Our Overload classes are Push Press, Lower Load, Hi-Lo, Circuit, Body Conditioning and Metabolic Conditioning.



### ***Wind-Down***

This really is you time, time to reconnect with body and mind. Our Wind-Down class concepts are designed to help you escape the hustle and bustle of London life, so you can physically and mentally relax and unwind. Our Wind-Down classes are Meditation and Breathwork and Yoga.



### ***Xenial***

All about forging relationships between members and trainers with the aim of elevating one's cardiovascular health in a fun and competitive environment. Whether this be building confidence through personal and professional combat coaching, improving cardio fitness in Ignite or learning how to dance, we have a class concept for everyone to enjoy. Our Ignite classes are Elevate, Ignite, Boxing Conditioning, Boxing Technique, Kickboxing, Dance and Sculpt and Dance Choreography.

# CLASSES

<i>Class Name</i>	<i>Class Concept</i>
Elevate	Build speed, stamina and strength through both dynamic and explosive cardio focused movements, designed to improve both aerobic and anerobic conditioning.
Ignite	Ignite your muscles with this load focused cardio workout, designed to tax body and mind, you'll be forced to dig deep and keep on pushing when the going gets tough.
Core Connect Upper Body	The ultimate upper body workout requiring minimal equipment but eliciting maximum results; focusing on form and technique, Core Connect Upper Body will have you pressing, pushing and driving your way to success.
Core Connect Lower Body	The ultimate lower body workout requiring minimal equipment but eliciting maximum results; focusing on form and technique, Core Connect Lower Body will have you squatting, lunging and swinging your way to success.
Push Press	Push Press will combine both compound and isolation exercises with the aim of building a strong and balanced upper body.
Lower Load	A strong foundation starts from the ground up; this workout is designed to develop strength and build muscle through compound movements for a shaped and toned lower body.
Isolate	Short and sweet, this stretch session will isolate a series of targetted muscles and help you release post-exercise related tension through a variety of dynamic and static stretches.
Release	Release is our total body stretch session designed to promote recovery, injury prevention and release your muscles following an intense week of exercise or work.
Primal Flow	Primal Flow is a ground-based strength and conditioning class using body weight only. Most of the movements are inspired by ground practices such as martial arts, yoga and animal locomotion and can be scaled for all levels.
Tai Chi	This gentle flow of continuous exercises and stretches is a great way to connect mind and body, releasing unwanted tension and encouraging a meditative state of tranquillity.

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Hi Lo	A combination of high and low impact aerobic exercises and core conditioning providing participants with a fun and effective calorie burning workout, perfect for shaping and toning your body.
Circuit	This fast paced full body class is designed to challenge you both physically and mentally. Expect to perform a variety of exercises back to back and take your fitness level to new heights.
Body Conditioning	Use your body weight and external apparatus to strengthen and condition all the major muscles in your body.
Kickboxing	Kick and punch your way to a fitter and stronger you. Learn effective moves from the disciplines of karate and boxing, perfect for both fitness and self defence.
Classical Ballet	Starting at barre and moving into a centre practice, this elementary classical ballet class will provide an experience of the physical fitness and movement finesse dance athletes master in the performing arts. Expect to be challenged through elegant movements, muscular power and the art of performance.
Dance and Sculpt	The perfect combination of dance, cardio and toning exercises for your arms, bums and tums. Expect to dance through the decades from the 1980s-2000s.
Dance Choreography	This class is designed for you to grow in confidence, bust out moves and show off a routine to your friends later at the club. It's never too late to dance. Dance is for everyone.
Barre	Derived from Pilates, dance, cardio and strength training, our Barre class teaches the basics through simple movement choreographed to music. Classes begin standing, then progress to the floor, focusing on specific areas of the body including arms, legs and core.
Essential Mat Pilates	Pilates challenges your balance and coordination and furthers your understanding of your body whilst toning and lengthening your muscles. Regular Pilates classes are a great addition to your workout routine and have many everyday benefits: increased flexibility, better posture, injury prevention, deeper core strength and enhanced athletic performance.
Pilates Sculpt	A faster paced class building on the foundations of Pilates. Suited to those with a good level of body awareness, Pilates experience or those who fancy a challenge. Aiming to build lean muscles and improve mobility, we focus on intermediate/advanced exercises within the Pilates repertoire.

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Vinyasa Flow	This low impact Mat Pilates workout will tone and sculpt your whole body, providing a feel-good burn in all the right places. With a strong focus on alignment and efficient breathing patterns, this class helps to build balance in the body, corrects postural issues, improves body awareness and strengthens the deep core.
Stretch and Relax Yoga	Rebalance and re-centre from the inside out; this gentle yoga class will stretch you out from top-to-toe with emphasis on correct alignment and using your breath to help calm both your mind and body. This class is suitable for all levels, including complete beginners.
Rebalance Yoga	After a long week, however challenging it has been, let us rebalance your energy to its optimal state so that you can experience a sense of well-being, peace and joy.
Compound Yoga	This yoga class has it all. A combination of Hatha and Alignment yoga to gain a better understanding of posture and the body. It will aim to develop inner and outer strength as one goes through this yogic journey.
Sunset Yoga	Complete the week with yoga at dusk. This class provides an environment to unwind, recalibrating the mind and body for the weekend. The 'Dusk Salutation' mindfully lets go of physical and mental tension: using prolonged holding postures, yoga props and yoga breathing exercises to balance one's pranic-bioenergy.
Sunrise Yoga	Bring energy and clarity to your day ahead, incorporating breath work to balance energy, mindful sun salutations to free body tension, standing and sitting posture to challenge oneself, complemented by a finale relaxation pose.
Boxing Conditioning	This high-octane class will elevate both your cardio conditioning and boxing skills. You will learn to harness power, increase speed and improve stamina, all whilst achieving a high calorie burn. Suitable for all fitness abilities.
Boxing Technique	Refine technique, learn new skills and elevate your cardio conditioning. Suitable for all fitness abilities, this class is perfect for anyone wanting to learn how to box as well as improve your current skill level.
Meditation and Breathwork	A gentle and relaxing guided meditation and breathwork class, encouraging a deep mind and body connection. Release any tension in the body and mind before being led into a nourishing meditation. Finally, learn to use the breath to reduce anxiety and improve cognition.
Metabolic Conditioning	Metabolic conditioning is an action-packed full-body workout made up of multiple rounds of timed interval drills designed to burn calories, tone muscle and deliver outstanding results.

