

Class & Activities at BeActive Urmston

What to expect from our classes & activities!

Keep Fit With Ryan	A low-impact, Fun class for all abilities that helps to increase fitness, mobility & balance.
Step Up	A low-impact, safe, Full body workout to strengthen, tone & improve mobility.
Family Gym*	Train together as a Family following your own routine or with an instructor. Min. age 11.
HIIT	Short, sharp & straight to the point! 30 mins of high intensity training that increases fitness, reduces body fat & tones muscle.
Morning Yoga Flow	A moderate class to stretch the whole body, release tension, relax & calm the mind to set you up for the day. Suitable for all abilities.
LYT Yoga	A dynamic & energising class that builds strength, mobility & core. Suitable for experienced yogis or beginners with good strength & mobility.
Circuits	Fun, ever-changing circuits based around new & old techniques to create a fresh challenge every session.
Zumba	Perfect for everybody & every body! Mixing low & high-intensity moves to boost energy, improve cardio, muscle, balance & flexibility.
Gentle Circuits	Low-impact, chair-based classes with light resistance training & cardio for an invigorating, safe full body workout to strengthen, tone & improve mobility.
Boxfit	High-intensity workouts based on boxing techniques. Suitable for all, this class will improve your core, building stamina & strength.
Pilates	A dynamic, mixed ability class to improve posture, develop strength, flexibility & mobility with a shot of energy & vitality! Suitable for all ages & abilities.
Bootcamp	High-intensity training alternated with lighter activity, including functional fitness using whole-body, multi-joint exercises for a complete workout.
Yoga Mama Baby	A fun & relaxing class for mums & babies or toddlers aged 3 months - 1 yrs. Bond with your baby while strengthening your body & calming your mind. Designed by a mum, for mums!
Strength 30	Strengthen your legs, lower body & core with weights or just your body. Expect a medium-to-high intensity class with music to push & motivate you!
Legs, Bums & Tums	A great aerobic workout that tones up your thighs, bum & stomach. Improve your fitness, stamina & build muscle strength, starting with more gentle movement before the real work begins!
Fast 30	A rapid-fire 30-minute class with a high intensity mix of cardio & resistance exercises to build fitness, strength & stamina.



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<p>Social Badminton</p>	<p>A fun way to maintain or improve fitness! A drop-in session for adults of all ages & abilities, playing this low-impact but energetic racquets sport.</p>
<p>Walking Football</p>	<p>Football played at walking pace – no running or jogging! Stay active & enjoy some healthy competition whilst meeting likeminded people for a weekly game.</p>
<p>Walking Cricket</p>	<p>A welcoming, social & fun way to play cricket at a slightly slower pace. Ideal for men & women 50+, stay involved with cricket & keep active with new people.</p>
<p>Walking Netball</p>	<p>Continue to enjoy netball at a walking pace, enjoying team spirit, fun & lots of health benefits. A social session to help you stay active & meet new people.</p>
<p>Back 2 Netball</p>	<p>A friendly & relaxed way to get involved in netball again whilst meeting likeminded teammates. Suitable for women of all ages & abilities, particularly those who haven't played for a while.</p>
<p>Pickleball</p>	<p>Not heard of Pickleball? This fun sport combines badminton, tennis & table tennis, played on a court over a modified tennis net in singles or doubles. Give it a try!</p>

