

## Class & Activities at BeActive Urmston

What to expect from our classes & activities!

<b>Keep Fit With Ryan</b>	A low-impact, fun class for all abilities that helps to increase fitness, mobility & balance.
<b>Step Up</b>	A low-impact, safe, full body workout to strengthen, tone & improve mobility.
<b>Family Gym*</b>	Train together as a family following your own routine or with an instructor. <b>Min. age 11.</b>
<b>HIIT</b>	Short, sharp & straight to the point! 30 mins of high intensity training that increases fitness, reduces body fat & tones muscle.
<b>Morning Yoga Flow</b>	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.
<b>LYT Yoga</b>	A dynamic & energising class that builds strength, mobility & core. Suitable for experienced yogis or beginners with good strength & mobility.
<b>Circuits</b>	Fun, ever-changing circuits based around new & old techniques to create a fresh challenge every session.
<b>Zumba</b>	Perfect for everybody & every body! Mixing low & high-intensity moves to boost energy, improve cardio, muscle, balance & flexibility.
<b>Gentle Circuits</b>	Low-impact, chair-based classes with light resistance training & cardio for an invigorating, safe full body workout to strengthen, tone & improve mobility.
<b>Boxfit</b>	High-intensity workouts based on boxing techniques. Suitable for all, this class will improve your core, building stamina & strength.
<b>Pilates</b>	A dynamic, mixed ability class to improve posture, develop strength, flexibility & mobility with a shot of energy & vitality! Suitable for all ages & abilities.
<b>Bootcamp</b>	High-intensity training alternated with lighter activity, including functional fitness using whole-body, multi-joint exercises for a complete workout.
<b>Yoga Mama Baby</b>	A feel-good class for mums & babies or toddlers aged 3 months - 2 yrs. Rebuild core & pelvic floor strength, enjoy gentle stretching & relax with baby massage.
<b>Fast 30</b>	A rapid-fire 30-minute class with a high intensity mix of cardio & resistance exercises to build fitness, strength & stamina.



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<b>Social Badminton</b>	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.
<b>Walking Football</b>	Football played at walking pace - no running or jogging! Stay active & enjoy some healthy competition whilst meeting likeminded people for a weekly game.
<b>Walking Cricket</b>	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.
<b>Walking Netball</b>	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.
<b>Back 2 Netball</b>	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.
<b>Pickleball</b>	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. <b>Give it a try!</b>

