



active  
urmston

# Class Activity Meter

**Not sure where to start?**

Use our activity meter to  
choose the right class for you.

5. High Intense

## High Intensity Classes

these are hard classes that will involve hard work, whether by cardio or with weights

4. Moderate Intensity

## Moderate Intensity Classes

For those that want to push themselves

3. Low Intensity

## Low Intensity Classes

suited to beginners or those wishing to work at lower level

2. Holistic Classes

## Holistic Classes

activities that enhance the mind body connection or are restorative

1. Back to exercise

## Back To Exercise

these classes are ideal for those that are older or someone beginning their journey into fitness. There may be options for seated exercise

Activity Level