

# Earthlife's Feb and March 2010 Schedule

| Day         | Time        | Mins              | Class   | Instructor   | About the Class   | Start      | Level        | Course         | Price |
|-------------|-------------|-------------------|---|--|---|------------|--------------|----------------|-------|
| Monday      | 09:30-10:30 | 60                | Zumba®  | Rachel   | Zumba is a dance-based aerobic fitness class, which fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. You will learn basic dance steps to dances such as Cha Cha, Salsa, Bachata, Merengue, Cumbia and more! Please bring clean trainers. | 22nd Feb   | N/A          | 6 Weeks        | £72   |
|             | 12:15-13:30 | 75                | Post Natal Yoga w/Baby for babies 6-12 months | Jackie   | This class is for mums with babies from 6-12 months and the yoga practice involve deeper stretching and more vigorous, revitalising postures and breathing. The class will aid the baby's development, allowing them to stretch and move in ways that they can't always manage alone.                     | 22nd Feb   | N/A          | 6 Weeks        | £81   |
|             | 18:30-19:30 | 60                | Lotte Berk                                    | Teresa   | Combines elements from modern and classical dance, yoga and ballet into a highly sensual and satisfying fitness system, that will firm, lengthen and shape muscles to their optimal form.   | 22nd Feb   | Gen          | 6 Weeks        | £72   |
|             | 19:30-20:30 | 60                | Lotte Berk                                    | Teresa   |   | 22nd Feb   | Gen          | 6 Weeks        | £72   |
| 20:30-21:30 | 60          | Body Conditioning | Alex  | Work-out built on endurance, strength, flexibility, power, balance and rebounding abilities. Excellent for the ones planning a ski trip this winter. Please bring clean trainers for this class. | 22nd Feb  | N/A        | 6 Weeks      | £72            |       |
| Tuesday     | 09:30-10:45 | 75                | Hatha Yoga                                    | Lucy   | Hatha Yoga is the most widely taught form of yoga, with classes offering exercises to stretch and flex the body, develop breath awareness, improving posture and relaxation for body and mind. Suitable for beginners as well as more advanced students.  | 23rd Feb   | Beg / Gen    | 6 Weeks        | £81   |
|             | 11:30-12:30 | 60                | Post Natal Fitness                            | Kate   | Exercises to help you re-balance your body, recover your figure and regain your energy levels. Your baby can be brought in a car seat or stay on a mat on the floor. Please bring clean trainers for this class.  | 23rd Feb   | Any          | 6 Weeks        | £72   |
|             | 13:30-14:30 | 60                | Baby Massage                                  | Shirley Anne   | Baby Massage can help with issues such as colic & wind, improve sleeping patterns and promote bonding between parents and the baby. Suitable for babies from 5-6 weeks or older.  | 2nd Mar    | N/A          | 4 Weeks        | £60   |
|             | 18:00-19:00 | 60                | Pilates                                       | Julie  | An introductory course to Pilates for beginners and the ones that have done some before. Learn the Pilates principles and movements. Ideal for those new to pilates, coming back to exercise or complementing other exercise.   | 23rd Feb   | Beg / Gen    | 6 Weeks        | £72   |
|             | 19:15-20:30 | 75                | Hatha Yoga                                    | Julie  | Yoga aims for the release of tension and stress in the body through the physical approach of its postures. The body responds by becoming stronger and more flexible.  | 23rd Feb   | Interm       | 6 Weeks        | £81   |
|             | 20:30-21:30 | 60                | Pilates                                       | Ris  | Exercise focused on improving flexibility and strength for a complete body workout. A series of controlled movements engaging body and mind, which encourages you to experience a new awareness of muscle function and control.   | 23rd Feb   | Beg / Gen    | 6 Weeks        | £72   |
| Wednesday   | 09:30-11:00 | 90                | Iyengar Yoga                                  | Jackie   | The most widely recognised form of yoga in the world. Concentrating on physical alignment, using props such as straps and blocks to assist the student.   | 24th Feb   | Gen          | 6 Weeks        | £90   |
|             | 11:15-12:30 | 75                | Ante-Natal Yoga                               | Jackie   | Ante-Natal Yoga offers specifically modified postures, which bring both flexibility and strength to accommodate the growing baby. From 16 weeks.  | 24th Feb   | N/A          | 6 Weeks        | £81   |
|             | 13:30-14:45 | 75                | Forrest Yoga                                  | Christina  | Forrest Yoga uses intense pose sequences to develop skills in awakening each of the senses. It helps you connect to your core - getting strong and centered. It uses heat, deep breathing and vigorous sequences to sweat out toxins.   | 24th Feb   | Beg          | 6 Weeks        | £81   |
|             | 18:15-19:00 | 45                | Teen Yoga 13-16 yrs                           | Sona   | Yoga can help with both physical and emotional health, sharpen focus and improve attention span, whilst engaging in a healthy and enjoyable activity.   | 24th Feb   | Any          | 6 Weeks        | £48   |
|             | 19:15-20:30 | 75                | Ante-Natal Yoga                               | Sona   | Ante-Natal Yoga offers specifically modified postures, which bring both flexibility and strength to accommodate the growing baby. From 16 weeks.  | 24th Feb   | N/A          | 6 Weeks        | £81   |
|             | 20:30-21:30 | 60                | Pilates                                       | Laeony   | Pilates targets the deep postural muscles, 'the core' - building strength from the inside out. Through safe and effective exercise it rebalances the body bringing it into correct alignment to achieve greater flexibility and stamina.  | 24th Feb   | Interm       | 6 Weeks        | £72   |
| Thursday    | 09:30-10:30 | 60                | Zumba®  | Rachel   | Zumba is a dance-based aerobic fitness class, which fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. You will learn basic dance steps to dances such as Cha Cha, Salsa, Bachata, Merengue, Cumbia and more! Please bring clean trainers. | 25th Feb   | N/A          | 5 Weeks        | £60   |
|             | 11:00-12:15 | 75                | Post Natal Yoga w/baby                        | Jagadamba  | The Yoga is done with the babies, allowing mum and baby to get to know each other and to bond with each other. Sessions aim to promote strength and vitality and to improve posture through gentle Yoga poses.  | 25th Feb   | N/A          | 6 Weeks        | £81   |
|             | 12:30-13:45 | 45                | Lunchtime Meditation                          | Jagadamba  | Learn yogic meditation tools to calm the mind, listen to your body's experience of the present moment and develop mindfulness, intuition and calmness. Practical guidelines are given for successful home practice.   | 25th Feb   | Any          | 5 Weeks        | £50   |
|             | 18:30-19:45 | 75                | Ante-Natal Yoga                               | Jagadamba  | Ante-Natal Yoga offers specifically modified postures, which bring both flexibility and strength to accommodate the growing baby. From 16 weeks.  | 25th Feb   | N/A          | 6 Weeks        | £81   |
|             | 20:00-21:15 | 75                | Dynamic Hatha Yoga                            | Jagadamba  | A flowing Hatha Yoga with a blend of traditional postures fused in a contemporary style, which aims to leave you feeling refreshed, stronger, and invigorated. Suitable for beginners as well as more advanced students.  | 25th Feb   | Beg / Gen    | 6 Weeks        | £81   |
| Friday      | 09:30-10:30 | 60                | Pilates                                       | Ris  | Exercise focused on improving flexibility and strength for a complete body workout.. A series of controlled movements engaging body and mind, which encourages you to experience a new awareness of muscle function and control.  | 26th Feb   | Gen          | 5 Weeks        | £60   |
|             | 10:30-11:30 | 60                | Pilates Beginners                             | Ris  | Combining toning and stretching of all body parts with a focus on core stability and stretching to increase flexibility and suppleness. For complete beginners.   | 26th Feb   | Beg          | 5 Weeks        | £60   |
|             | 13:00-14:00 | 60                | Lotte Berk                                    | Rob  | Combines elements from modern and classical dance, yoga and ballet into a highly sensual and satisfying fitness system, that will firm, lengthen and shape muscles to their optimal form.   | 26th Feb   | Gen          | 5 Weeks        | £60   |
| Sat         | 08:30-10:00 | 90                | Hatha Yoga                                    | Lucy   | Hatha Yoga's aim is to balance you both physically and mentally and will leave you feeling both stimulated and relaxed. The class is suitable for both beginners and more advanced students.  | On-going   | Any          | Single Classes | £15   |
| Sunday      | 19:30-20:30 | 60                | Salsa Beginners                               | Richard  | For the absolute beginner or those that have done less than 5-6 classes. Learn the basic step patterns and salsa rhythm.  | 18th April | Beg          | 6 Weeks        | £60   |
|             | 20:30-21:30 | 60                | Salsa Improvers/Interm                        |  | These classes progressively develops style and repertoire by practicing a wide range of moves to an exciting mix of music.  |            | Impr/ Interm |                |       |

For bookings or more information, please contact us on:

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*There are a minimum number of participants required for each class. Earthlife reserves the right to cancel any class that does not reach the required numbers.*