**Class Descriptors (Health & Wellbeing)**

**Chair Yoga\*\***

Supported form of yoga that allows you to perform traditional yoga poses and movements whilst seated or using the chair for support.

**Dru Yoga\*\***

A gentle yoga form focusing on flowing movements, directed breathing, and visualization.

**Evolve Qi Gong**

An ancient Chinese exercise focusing on controlled breathing, movement, and meditation to balance one's life force.

**Pilates\*\***

Focus on core strength, flexibility, and body alignment in this mat-based workout.

**Vinyasa Flow (Yoga)\*\***

A fluid yoga practice where each movement is synchronized with breath, enhancing flexibility and strength.

**Yin Yoga\*\***

Dive deep into prolonged stretches that target connective tissues, promoting relaxation and increased flexibility.

**Yoga\*\***

Explore traditional yoga postures, focusing on alignment, breathing, and mindfulness.

\*\*Premium classes. PAYG or free with Full Fitness (£30) Membership