



Fitness Class taster sessions for Fort for All Day

Sunday 26th October 2014 from 10am to 4pm

Spinning Studio

30 minute sessions to take place on the hour at 11am, 12pm, 1pm, 2pm and 3pm.

Spinning classes are very popular and combine synchronised aerobic exercise which simulates true road riding. Spinning is suitable for all fitness levels.

Active Dance Studio

11am–12pm BODYPUMP® master class taken by Les Mills master trainers from the UK.

Classes comprise 20 minute technique and set-up of equipment prior to the start of the class. New comers must be completed the technique session.

BODYPUMP is a non-impact class combining high repetition weight training with aerobic conditioning. It will tone and condition your body, can help you lose weight and ultimately change your body shape. Suitable for all levels.

1:30pm – 2pm ‘STEP It’ with instructor Lisa Troy

‘STEP IT’ incorporates a 10/15min warm up followed by blocks of choreographed STEP combinations and body conditioning; resulting in a full body workout designed to improve cardio fitness, muscular strength and endurance, core stability and flexibility.

Suitable for beginners, intermediate and advanced levels of fitness and experience.

2:05pm – 2:35pm Total Tone with instructor Lisa Troy

A combination of body sculpting exercises designed to tone and strengthen all areas of the body. The class is of moderate ability level.

2:45pm – 3:45pm BODYBALANCE® master class taken by Les Mills master trainers from the UK.

BODYBALANCE is a combination of yoga, Tai Chi and Pilates that builds flexibility and strength and leaves you feeling centred and calm. It is the perfect way to follow and compliment a cardio and/or muscular fitness class/workout.

This class can benefit both novices and elite athletes - giving greater range of motion around the joints and greater core muscle recruitment (strong abdominals).



Active Arena in Gloucester Hall

10:15 – 10:20am Les Mills class demonstration showcase by Fort Regent instructors.

10:30am – 11am Bokwa® taster by instructor Nat

"Sweat the alphabet, Dance the Digits"

Bokwa® is Different. It is not really a dance workout – there is no choreography and no counting steps. Participants draw letters and numbers with their feet, while moving together to music in free form rhythm.

If you can move and you can spell, you can do Bokwa®. It's for everyone. Bokwa® engages participants of all ages in the same class and to the same music.

11:05am – 11:35am Zumba® taster by instructor Nat

Zumba® is a fun energetic class combining spicy dance rhythms – Cumbia, Samba, Salsa, Latin and Merengue/Hip Hop. Cardiovascular and interval training to torch fat and calories. Easy to follow steps, you'll be so busy having fun you'll forget you're exercising.

11:40am –11.50am Bokwa Step&Up taster with instructor Nat

An innovative approach to traditional step aerobics. In Bokwa®, you draw letters and numbers with your feet whilst moving to popular music. In Bokwa® Step, the same concept holds true! As you progress through each of the Bokwa® Step movements, the letters, numbers and signature moves remain consistent with all other Bokwa® programs, WHILST incorporating a step.

The goal of Bokwa® Step is to do Bokwa® while simply sliding a step underneath your feet!

12:15pm – 1:15pm BODYATTACK® master class taken by Les Mills master trainers from the UK.

1:20pm – 1:25pm Les Mills class demonstration showcase by Fort Regent instructors.

1:30pm – 2:30pm BODYCOMBAT® master class taken by Les Mills master trainers from the UK.