

♥ Pilates ♥ Dance-fit ♥ Yoga-fit ♥ Keep-fit ♥ *Fit for life, your life*

What is Yoga-fit?

Yoga-fit is an easy to follow exercise class which consists of Yoga based exercises designed to tone and strengthen muscles, improve posture and flexibility and can burn fat too!.

Main Principles of Yoga-fit

Yoga Postures – consists of any easy to follow set of Yoga exercises that are performed to improve health and flexibility. People of any age, sex or any fitness level can practice yoga. The beauty of yoga is that the postures can be adapted, so you can modify yoga techniques to meet your needs.

Muscular Strength - exercises designed to tone and strengthen your muscles without bulking them – plus toned muscles will burn fat when at rest!

Muscle Flexibility – stretching exercises designed to improve your general flexibility. Muscles can shorten during exercise, from poor posture or an injury and stretching aims to lengthen the muscles.

Joint Mobility – exercises aimed to improve mobility of your joints which can become stiff from lack of use or from an injury. Coupled with stretching joint mobility can be improved.

Posture – poor posture can result in aches and pains throughout the body and can often be corrected by applying good posture techniques both in and out of class.

What if I'm unfit

The class is aimed at all levels of fitness, age and open to both men and women. All elements of the class can be worked at your own pace and you will soon start to notice improvements in your fitness levels; be it from being less stiff, more toned or more flexible. Please advise us of any conditions you may have so that we can accommodate them if necessary.

What to wear

Loose comfortable clothing, bring a warm top to put on for the stretch and relax section at the end of the class. The class is performed in bare feet. A small hand towel might be useful for some of the exercises.

What to bring

Mats and resistance bands are provided but if you prefer you are welcome to bring your own mat. Small bottle of water and a hand towel.