

Life@Whitehouse is delighted to advise you that the first phase of Fitness Classes – Combat Aerobox and Pilates will commence on Tuesday 1st October 2013. The classes will be run in the form of 1 session per week over a 6 week progressive course, aiming to improve your overall fitness during this period. There will be sessions every Tuesday and Thursday morning and early evening to enable you to attend a session at a time that suits you.

Day	Time	Class	Description	Price
Tuesday	0930 - 1030	Pilates	A session focused on stability of the body.	Member - £3.00 Non - £5.00
Tuesday	1830 - 1930	Combat Aerobox	A combination of combat boxing and aerobic exercise.	Member - £3.00 Non - £5.00
Thursday	0930 - 1030	Combat Aerobox	A combination of combat boxing and aerobic exercise. This is a repeat of Tuesday's session	Member - £3.00 Non - £5.00
Thursday	1830 - 1930	Pilates	A session focused on stability of the body. This is a repeat of Tuesday's session	Member - £3.00 Non - £5.00

What is Combat Aerobox and what benefits can I get from Combat Aerobox?

This exercise is designed to assist you in achieving weight loss, gaining increased agility and coordination, muscle tone and improved overall fitness. Many people think that boxing is all about the arms but it is actually a cardio work-out for the whole body. It's especially good for toning your bottom and quadriceps muscle, which is perfect for women who want to lose weight around their bottom and thighs as part of an overall reduction programme.

There's no need to worry about bulking up either. Boxing is very much a high repetition work-out so you'll see tone rather than muscle. It's also very empowering and people really get pumped up and stuck into it during the moves. While it's not a self-defence lesson, by the end of the first class, you should be able to throw a solid punch.

What is Pilates and what benefits can I get from Pilates?

Pilates is a system of exercising that strengthens the whole body using a wide variety of exercises.

There are many benefits of taking Pilates training, as you can see below:

- Increased lung capacity and circulation through deep breathing.
- Develop positive body awareness.
- Significant improvement posture, balance and body alignment.
- Increase flexibility, strength and control.
- Develop long, lean and toned muscles without adding bulk.
- Relieve stress and tension.
- Prevent muscle and soft tissues injury.
- Enhance and improve sports activities.

Please note that places are limited to a maximum of 10 participants per class so will be available on a first come first served basis. The first session for both courses will be free of charge so you can assess if the class is right for you. Then should you wish to enrol for the remaining 5 sessions full prepayment is required at the time of booking.

Places are non transferable and there will be a full cancellation charge for any session that is missed.

Please ensure that you wear clothing suitable for the class such as shorts, tracksuit bottoms, t-shirt & trainers and it is advisable to bring liquid refreshment for rehydration

Sessions are mixed sex.

NB – Mats for Pilates are available for hire @ £1.00 per session with all proceeds donated to Wish Upon A Star Children's Charity

Our Qualified Trainers

James Kirkpatrick Life@Whitehouse Club Manager and Sean Reidy, Fitness Instructor look forward to meeting you at their classes.

James is a qualified mat based Pilates Instructor who has been teaching for 2 years

Sean has trained army personnel in combat aerobox for 3 years and has won several competitions during active service.

