



Class Descriptors

BodyPump 14+- This form of training will make you lean and fit. Using light to moderate weights with lots of repetitions. Bodypump gives you a total body workout that burns a lot of calories. It'll also tone and shape your body, without adding bulky muscles.

BodyBalance 12+- The yoga-based class that will improve your mind, your body and your life. During Body Balance an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

BodyCombat 12+- The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

CX Works 12+- An intense 30-minute core-training workout designed to tighten and tone your midsection in the shortest amount of time possible. The class utilises your body weight, free weights, and resistance tubing to challenge your balance, coordination and improve your functional strength.

Sh'Bam 12+- The ultimate fun and sociable way to exercise. Each 45-minute class is vibrant, unique and varied, featuring 12 tracks of chart-topping popular hits and simple but seriously hot dance moves. Sh'Bam is the perfect way to shape up and let out your inner star- even if you're dance challenged.

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 www.liveactive.co.uk 



Strathearn Community Campus Virtual Class Programme

Sunday 13th January -
Sunday 31st March 2019



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyPump 07:20-08:15	BodyCombat 07:20-08:15	CX Works 07:30-08:00	BodyPump 07:20-08:15	BodyCombat 07:20-08:15	BodyPump 10:45-11:40	BodyPump 09:15-09:45
BodyBalance 21:00-21:30	Sh'Bam 12:40-13:10	CX Works 20:00-20:30	Sh'Bam 14:15-15:00	BodyBalance 19:45-20:30	BodyCombat 14:30-15:15	CX Works 10:00-10:30
	BodyPump 13:25-13:55	BodyBalance 20:45-21:15			Sh'Bam 15:30-16:15	BodyBalance 10:40-11:35
						CX Works 14:30-15:00
						BodyCombat 15:15-16:00