

HBF Stadium Group Fitness Mind and body

HBF Stadium offers classes that assist with flexibility, core strength and balance whilst uniting your mind, body and spirit.

BODYBALANCE™

A motivating blend of yoga with Tai Chi and Pilates. If you haven't tried yoga before then BODYBALANCE™ is a great introduction. If you're already doing some form of yoga you'll love the variety you get with BODYBALANCE™ During BODYBALANCE an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

Pilates matwork

Pilates focuses on strengthening the core through stretching and breathing exercises. It creates a balance in the body that leads to physical and mental relaxation.

Stretch and Flex

A flexibility-based class designed to relax and rejuvenate your body, using some yoga teachings, core strength and basic stretching.

Yoga

Yoga and Iyengar Yoga are available on the timetable. Develop strength, mobility and stability as you are guided through postures by expert instructors. We teach you about body discipline and mental stability allowing you to challenge the body whilst relaxing the mind. Suitable for all ages and fitness levels, yoga is perfect for beginners, experienced yogis or anyone looking to incorporate a mind and body routine into their fitness regime.

Yoga comprises of rhythmic sequenced postures, static postures, breathing and meditation, designed to increase stamina, strength and flexibility.

Iyengar Yoga, a form of Hatha yoga is based on giving primacy to the physical alignment of the body in the poses. Iyengar Yoga classes use blankets, blocks, straps, pillows, chairs, and bolsters to assist with ideal alignment.

For more information about any of the mind and body classes on offer, please complete the online form below.

Morning classes

- Fit Club friendly classes
-

Monday 24/2	Tuesday 25/2	Wednesday 26/2	Thursday 27/2	Friday 28/2	Saturday 29/2	Sunday 1/3
6:00am - 7:00am Pilates Evolve Studio	8:30am - 9:30am Pilates Matwork Evolve Studio	9:30am - 10:30am Pilates Matwork Evolve Studio	8:30am - 9:30am Flow Yoga Evolve Studio	8:30am - 9:30am Pilates Matwork Evolve Studio	9:30am - 10:30am BODYBALANCE Evolve Studio	8:00am - 9:00am Pilates Matwork Group X Room
8:30am - 9:30am Pilates Matwork Group X Room	9:30am - 10:30am BODYBALANCE Evolve Studio	10:30am - 11:30am Pilates Matwork Evolve Studio	9:30am - 10:30am Pilates Matwork Evolve Studio	10:30am - 11:30am Pilates Matwork Group X Room	10:30am - 11:30am Pilates Matwork Group X Room	
10:00am - 10:30am Stretch and Flex Evolve Studio		10:35am - 11:35am BODYBALANCE Group X Room	10:30am - 11:30am Pilates Matwork Evolve Studio	10:30am - 11:00am Stretch and Flex Evolve Studio	11:00am - 12:00pm Iyengar Yoga Evolve Studio	
10:30am - 11:30am Pilates Evolve Studio						

Afternoon / Evening classes

- Fit Club friendly classes

Monday 24/2	Tuesday 25/2	Wednesday 26/2	Thursday 27/2	Friday 28/2	Saturday 29/2	Sunday 1/3
6:00pm - 7:00pm BODYBALANCE Evolve Studio	6:30pm - 7:30pm Pilates Matwork Evolve Studio	6:30pm - 7:30pm Pilates Matwork Evolve Studio	12:30pm - 1:00pm Pilates Express Group X Room	4:30pm - 5:30pm Pilates Matwork Group X Room		
			6:00pm - 7:00pm BODYBALANCE Group X Room			
			6:30pm - 7:30pm Pilates Matwork Evolve Studio			