



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am - 12pm					<b>10.30-11.30 Baby/Infant Massage Class</b> Jenny - Studio 1 5 week course - £40	<b>10.00-11.00 Bootcamp</b> Stuart - Outside £5	
						<b>11.00-12.00 Functional Fitness</b> Ben - Outside £4	
12pm - 3pm	<b>12.30-1.30 Hatha Yoga</b> Naomi - Studio 1 4 week course - £30 or £8 per class	<b>12.00-3.00 Affordable Acupuncture Clinic</b> Koren & Claire Studio 1 45 mins - £20			<b>12.30-1.30 Beginners Dynamic Yoga</b> Gill - Studio 1 £8		
6pm - 9pm	<b>6.00-7.00 Pilates</b> Annabel - Studio 1 6 week course - £45	<b>6.00-7.00 Stretch and Relax</b> George - Studio 1 £5		<b>6.00-7.00 Stretch and Relax</b> George- Studio 1 £5			
	<b>7.00-8.30 Hatha Yoga</b> Annabel - Studio 1 6 week course - £55	<b>7.00-8.00 Yoga to Nourish</b> Charlotte - Studio 1 4 week course - £40 Drop in - £11	<b>7.00-8.30 Hatha Yoga</b> Gary - Studio 1 £9	<b>7.00-8.00 Dynamic Yoga</b> Charlotte- Studio 1 3 week course - £30 Drop in - £11			

**KEY**

- Wellbeing Classes
- Specialist Classes

- Strength & Fitness Classes

**CENTRE RULES & RECOMMENDATIONS**

All classes must be booked online, at reception or by phone.  
Appropriate clothing and footwear must be worn.  
48 hours notice is required to cancel a class.

Classes are available for a range of abilities.  
Private and small group classes are also available upon request.  
If you're unsure what's right for you, please call us on  
**0117 370 1177.**

## WELLBEING CLASSES

### Hatha Yoga

The word Yoga means "union", which refers to the union of the mind, body and spirit. It is more than just an exercise; it's about combining mental awareness with physical discipline bringing balance to your life. As well as helping improve general health and fitness, it can enhance concentration, reduce stress and alleviate depression. Yoga can also be used to recover from illness or rehabilitation after injury. Hatha Yoga focuses on combining physical yoga postures (gentle and energetic) with breathing techniques and meditation.

### Beginners Dynamic Yoga

An introduction to the foundations of the Ashtanga Vinyasa System underpinned by the ancient tradition of Ha'tha Yoga. This class will offer an opportunity to connect body motion with breath whilst developing an understanding of the components of a steady foundation and correct alignment in each posture. Yoga can empower us by offering the tools we require for self-awareness and change - transferable into everyday life. This class aims to support a self-practice that can be taken away from the class and into the home. It will encourage us to listen to our limitations, body types and injuries whilst continuing to challenge personal boundaries. All levels welcome.

### Stretch and Relax

Stretch and relax combines Yoga, Pilates and Tai Chi exercises with a series of deep stretches to increase your flexibility and decrease stress levels. This class will use breathing and relaxation techniques merged with a series of gentle poses and stretches to leave you with a deep sense of wellbeing.

### Affordable Acupuncture Clinic

The affordable Acupuncture clinic: the low cost, friendly, drop in healthcare service. Perfect for all health problems & people with busy lives. Patients are seen together in the stunning studio, with screens for privacy & music for relaxation. Let the needles work their magic! £20 for a 45 minute treatment.

### Yoga to Nourish

New exclusive small group yoga class for women! Join us at Bristol's new & exclusive venue for some yoga to deeply nourish your mind, body & soul. Maximum 8 students for a more personalised space. We will focus on using deep rhythmical breathing techniques combined with soft meditative music to feel your way into the deeply relaxing depths of each yoga pose.

## STRENGTH & FITNESS CLASSES

### Functional Fitness

A mixed martial arts based fitness session, aimed at building functional strength and cardiovascular fitness by combining fitness techniques used in Boxing, Muay Thai, Olympic Wrestling and Brazilian Jujitsu. Open to everyone wanting to be in great shape - fighters and non-fighters.

### Bootcamp

We're not going to lie to you - it's not easy. We expect full commitment. But if you're looking for fast results in a fun and rewarding environment then our bootcamp is exactly what you are after. Our bootcamp drill sergeants provide safe, effective exercise and nutritional guidance to help you achieve maximum results whatever your level of fitness.

## SPECIALIST CLASSES

### Pilates

Pilates is an invigorating form of exercise for mind and body that can greatly improve posture, strength and flexibility. You'll improve your core strength, develop longer, leaner muscles and enhance your overall sense of wellbeing. If you are a sports enthusiast, Pilates can help enhance your performance and reduce the risk of injury. (1-to-1 & small group yoga and pilates available on request)

### Baby/Infant Massage Class

Learn how to safely massage your baby with qualified instructor and massage therapist Jenny Dalhuijsen. Baby massage helps with bonding, postnatal depression, many ailments (colic, unsettledness, etc) and above all: it's fun! Minimum age: 6 weeks



To book a class, visit [www.theberkeleycentre.co.uk](http://www.theberkeleycentre.co.uk)  
or call 0117 370 1177  
3 Berkeley Square, Clifton, Bristol. BS8 1HL



## FITNESS PROGRAMME

### January 2010 Timetable

Whether you want to push yourself hard, learn a new skill, or simply relax, we've got a class for you.



Book online at [www.theberkeleycentre.co.uk](http://www.theberkeleycentre.co.uk)  
3 Berkeley Square, Clifton, Bristol, BS8 1HL