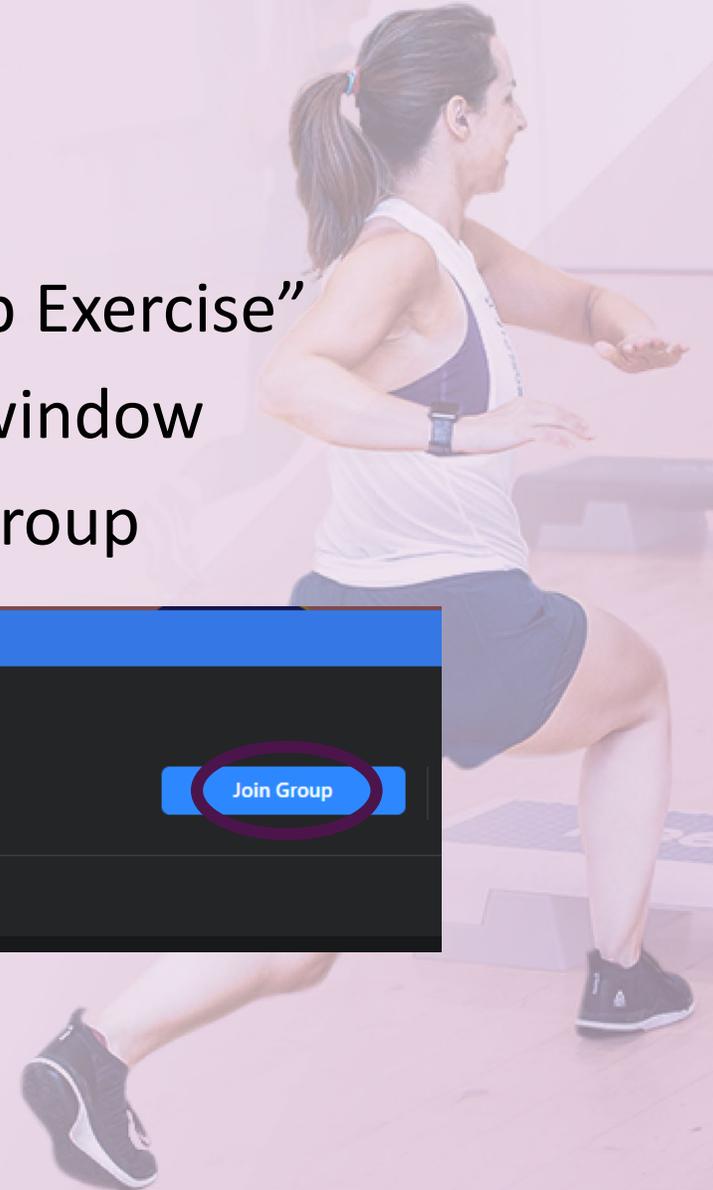
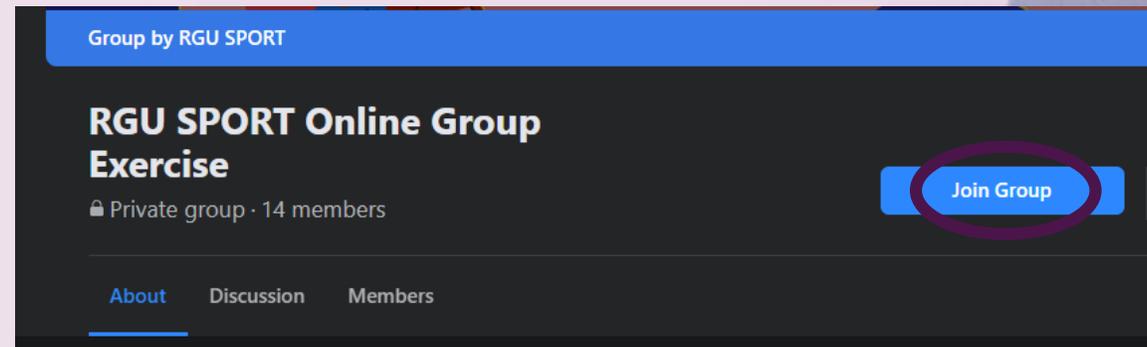
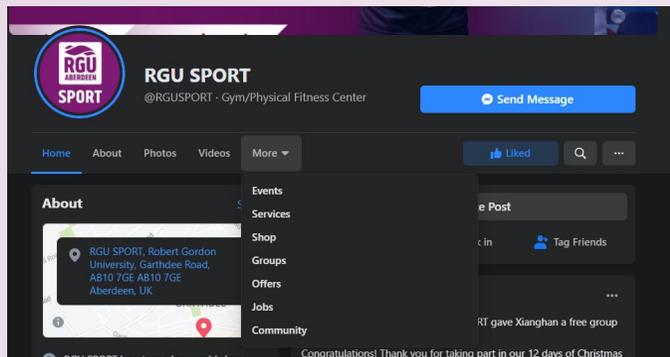


1. Like “RGU SPORT” on Facebook
2. Click ‘More’ then ‘Groups’
3. Select ‘Join Group’ for “RGU SPORT Online Group Exercise”
4. All requests will be processed within a 24-hour window
5. Zoom links and codes will be shared within the group



1. Link, meeting code and passwords will be shared to the group
2. You may be prompted to enter 'Meeting ID' or 'Password' Please copy and paste these from the group post.
3. Following this you should be held in a waiting room until the class starts

If you are experiencing trouble joining a class, please see the following support from Zoom directly:

[Joining a meeting – Zoom Help Center](#)



- ✓ Make sure you have plenty of space to exercise within
- ✓ Make sure you have access to water throughout the session
- ✓ We would recommend using an exercise mat, if you have one
- ✓ Please let our instructors know using the chat function if you have any existing injury's or are pregnant, so they can suggest suitable adaptations.

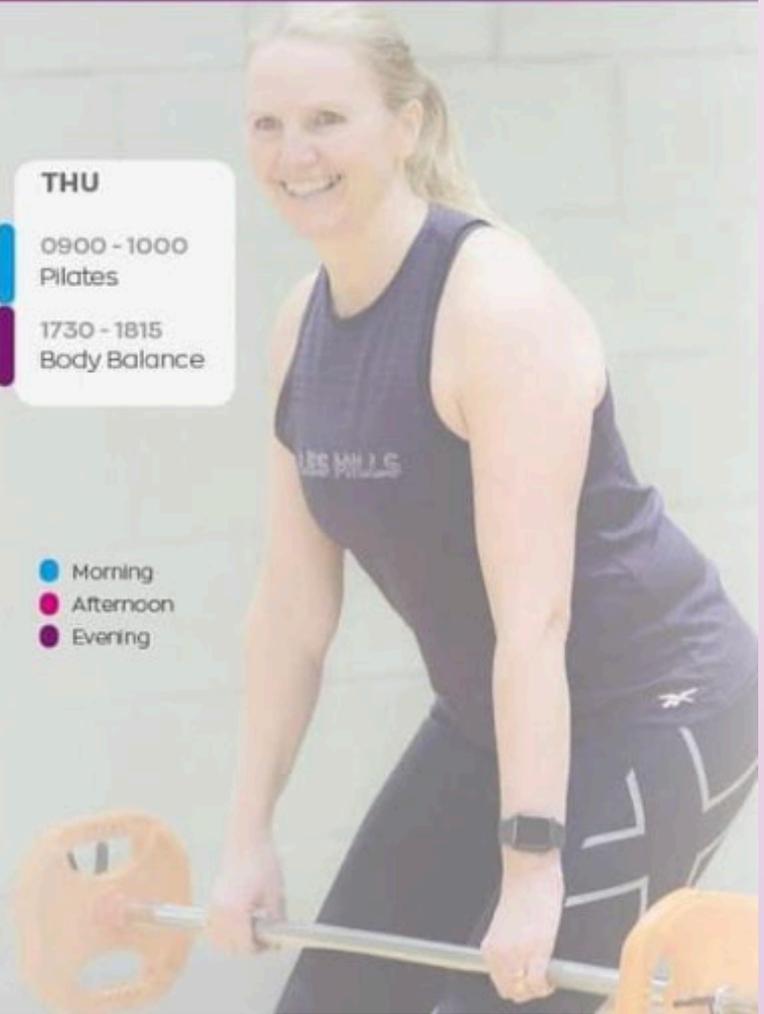
- Consult your physician before beginning any new form of exercise program
- When exercising with our online community please be aware you do so at your own risk and acknowledge that the exercises carry an inherent risk of physical injury
- If you have a history of health conditions and/or previous injuries please be cautious when selecting classes, please seek guidance from our instructors if needed
- If at any time you feel you are exercising beyond your current fitness abilities, or you feel discomfort, pain, dizziness, or nausea, you should stop exercising immediately

We hope you enjoy exercising within our online community and we hope to see you back in our facility soon!

MON	TUE	WED	THU
0900 - 1000 Pilates	0900 - 1000 Pilates	1230 - 1330 Hatha	0900 - 1000 Pilates
1800 - 1845 Barre	1730 - 1800 Body Attack	1800 - 1830 HIITSTEP	1730 - 1815 Body Balance
FRI	SAT	SUN	
1230 - 1330 Vinyasa	1030 - 1130 Pilates	1000 - 1030 Body Attack	
1730 - 1815 Body Pump			

- Morning
- Afternoon
- Evening

For more information on gaining access to online classes please see w'How To' guide available on our website and social media channels.





**RGU SPORT**

### Group Exercise Classes

#### BODY AND MIND

- Pilates**

Pilates is a form of a mind-body approach to exercise, which focuses on balance, posture, strength and flexibility. Pilates emphasises breath, core conditioning and body awareness increasing confidence. It is suitable for people of all ages and fitness levels.
- Les Mills Body Balance**

Workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout.
- Hatha yoga**

Gentle practice with yoga postures practicing pranayama breathing and meditation. Suitable for all levels, including complete beginners and older adults.
- Vinyasa yoga**

You'll flow continuously through strong sequences of traditional Sun Salutations and standing postures, linking breath with movement and build strength and endurance as you push the edge of your balance and flexibility.

#### STRENGTH AND TONE

- Body pump**

Bodypump is a fast-paced, weight-based workout that's specifically designed to help you get lean, toned and fit. It uses a combination of motivating music and scientifically proven moves to help you achieve these targets more quickly than you would working out on your own.
- Barre**

Taught using the Barre intensity method, the class combines attributes of Pilates, dance and functional fitness with large movements to raise the heart rate and small isolated movements to fatigue and shape the muscle. High intensity but low impact class.

#### FITNESS AND AEROBIC

- Body Attack**

The sports inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilization exercises.
- HIIT Step**

30-minute high intensity interval workout using bodyweight and an optional step.