

Yogalates

- Yogalates combines the best of two exercise regimes – Yoga and Pilates.
- It is an invigorating class that works the whole body.
- Yogalates classes take the strength and flexibility exercises of a Yoga class and combines them with core strengthening along with the posture perfecting exercises of Pilates.
- The combination of both will help you achieve a strong, flexible toned body with a relaxed sense of well-being.
- Yogalates will leave you feeling revitalised in body and mind, come along and try it for yourself.
- This class is fun to practise and accessible to all levels of fitness.
- Students are advised to wear comfortable clothing.
- Students will be asked to complete a Medical Screening form on the first night of class.

While the college provides basis Yoga mats, students are encouraged to bring along their own.