

MOVE CLASSES MENTUM



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00	Sunrise Yoga 60min		Sunrise Yoga 60min		Sunrise Yoga 60min		
8:15	Focus to Move 25min		Prime to Perform 25min		Regenerate 25min		
08:30						Focus to Move 25min	
09:00						Prime to Perform 25min	
09:30							
18:30				Functional Fitness 45min			

MOVE CLASSES MENTUM

Sunrise Yoga

60 Minutes

For those new to yoga this class begins with the basics; postures and breathing techniques. Emphasis is on personal instruction and provides a solid foundation before embarking on further yoga disciplines.

Functional Fitness

45 Minutes

Functional training such as resistance exercises and body weight movements can help you become stronger, more flexible, more agile and better equipped to handle day-to-day feats of strength and athleticism. Using varied tempos and resistance this class will challenge your body's upper, lower and core muscles.

Prime to Perform

25 Minutes

This is a dynamic and engaging experience focusing on increasing strength and overall function which takes you a on pathway from static and functional stability moving into power and neural priming. Your Movementum Professional will assist and guide you through a series of specific movements that are applicable to all levels of fitness and anyone looking to progress their movement health journey. Perfect for those who are wanting to work harder, move more, engage the whole body and are ready to sweat.

Focus to Move

25 Minutes

Focusing on postural awareness whilst building confidence and enhancing motivation through a series of mobility and breathing exercises, this class is specifically designed to remove neuro muscular inhibition for improved range of motion, and greater potential to move. Every movement can be customized to the level of intensity that is most appropriate for your range of motion. This class can be done pre workout or as a stand-alone designated movement health session.

Terms & Conditions

- Maximum number per class 4 people
- Sunrise Yoga & Functional Fitness are complimentary
- Prime to Perform, Focus to Move & Regenerate priced at GBP 45
- 24 hours cancellation policy

Regenerate

25 Minutes

This class is Ideal for those looking to enhance performance and recovery through rapid regeneration. This class will educate you about how you can use flexibility training through movement, stretching and loading through range for recovery and restoring energy and readiness. The goal of this class is to equip the body with the ability to repeat the consistency and frequency, repeat movement with more intensity leading to overall improved health. Perfect for those wanting to improve mobility and optimize recovery.