

Class	Level	Time	Day	Studio
Body Refine*	All levels	10.30-11.30am	Mon	Inspire Studio
Tap & Tone*	Beginners & Improvers	7.30-8.30pm	Mon	Oxygen Studio
	Advanced	8.30-9.30pm		
Family Yoga*	All levels	5.30-6.30pm	Mon	Inspire Studio
Dance Fit*	All levels	10.00-11.00am	Tues	Inspire Studio
R&B Street Dance	All levels	8.15-9.15pm	Tues	Inspire Studio
Belly Dance	Beginners	7.30-8.30pm	Tues	Oxygen Studio
	Intermediate	8.30-9.30pm	Weds	Oxygen Studio
Ballet & Tone*	All levels	7.30-8.30pm	Weds	Oxygen Studio
Pilates	All levels	8.00-9.00pm	Thurs	Inspire Studio
Tai Chi & Chi Kung	All levels	6.00-7.00pm	Fri	Inspire Studio
Ballroom & Latin American	All levels	7.00-8.30pm	Sun	Inspire Studio
Salsacise	All levels	8.30-9.30pm	Sun	Inspire Studio

Adult Inspirational Class Opportunities

www.lifeandsoulacademy.co.uk/adult_inspiration
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Adult Inspirational Class Opportunities



Body Refine*

Refine-Define, tone & shape your physique with this original weight-loss & workout class. Enjoy a fusion of your favourite workouts from Pilates to boxing, legs, bums & tums & body-conditioning to achieve the health & vitality you deserve. Superb results & suitable for all levels of fitness.

Tap & Tone*

Tap your troubles away and tone those legs at the same time. We put a twist on the traditional tap class by dancing to great music and tapping our way towards your feel good factor. You'll find it an excellent cardiovascular workout for those with dancing feet.

Family Yoga*

Our Yoga Bugs & Yoga'd Up teacher will host a great fun class for the whole family incorporating empowering & strengthening poses to re-energise & support mum & dad physically & mentally. Perfect for the health conscious family

Dance Fit*

Our dynamic class will fuse upbeat street dance routines with traditional body-conditioning exercises for an invigorating body & soul workout to leave you full of life & ideal for all levels of fitness and coordination!

R&B Street Dance

Using the latest R&B chart tracks we take you through the latest street dance trends. Each week you'll learn a new routine to put those disco divas to shame. A great all over work out and suitable for all levels of dance ability

Belly Dance

An exotic, sensual dance form which particularly stimulates the abdominals, legs & waist. Celebrate your feminine curves whilst dancing to Eastern inspired music for a vibrant dance workout without placing stress upon your joints

Ballet & Tone*

For years dancers have kept their ballet technique hidden from the fitness world- but we're bringing it to you with a fresh new approach. You'll tone your major muscle groups, strengthen your core and re-align your postural problems. Demanding but exhilarating- uses the grace of ballet for an all over mind and body workout.

Pilates

As the creator himself phrased it "Pilates develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind & elevates the spirit"

Tai Chi & Chi Kung

A mind and body exercise originating from China focusing on the balancing of our energy centre, restoring the flow of one's life essence and Chi. Our highly skilled mentor will take you through a series of slow flowing movements, projecting and controlling the chi through the ancient martial art form in a tranquil candlelit environment.

Salsacise

Jam packed with Latin America dance steps for thoroughly sensual work out. Steps are based on Salsa, Merengue and Bachata. These can be used on the dance floor or for a superb full body work out.

Ballroom & Latin American

The most flamboyant and elegant social dances brought to you in a relaxed, friendly and enjoyable manner. Glide your way around the dance floor in any situation and event- learn the basics of Waltz, Tango, Foxtrot, Quickstep, Rumba, Samba, Jive and Paso Doble. Everybody welcome with or without a partner.

Tuition fees

45 mins	£5	60 mins	£6
75 mins	£7	90 mins	£8
membership per academic year £30			
seasonal £15			

*exclusive
to Life & Soul Academy



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