

Class	Level	Time	Day	Studio
Tap & Tone*		7.30-8.30pm	Mon	Oxygen Studio
Body Refine*	All levels	8.30-9.30pm 2.00-3.00pm	Mon	Inspire Studio
R&B Street Dance	Beginners & Improvers	7.30-8.30pm	Tues	Inspire Studio
Belly Dance	Beginners	7.15-8.15pm	Tues	Oxygen Studio
Ballet & Tone*	All levels	7.15-8.15pm	Weds	Oxygen Studio
Pilates	All levels	7.30-8.30pm	Thurs	Oxygen Studio

# Adult Inspirational Class Opportunities

## Life&Soul

ACADEMY

[www.lifeandsoulacademy.co.uk/adult\\_inspiration](http://www.lifeandsoulacademy.co.uk/adult_inspiration)  
Tel: 01442 233 050

\*exclusive  
to Life & Soul Academy



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## Adult Inspirational Class Opportunities

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### Body Refine\*

Refine-Define, tone & shape your physique with this original weight management & 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.

### 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"

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## Workshop Opportunities

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### 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.

### Back Care

A highly specialised intensive course to support recovery and healthy back care everyday.

### Tuition fees

60 mins £7  
90 mins £9  
membership per academic year £30  
seasonal £15

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