

Wellness is a mindset which requires constant attention and intention. Bodyism classes use revolutionary exercise techniques which are results driven to help you create a long, lean, beautiful, balanced body. The classes aim to develop clients wellbeing, inspire and transform.

**EACH CLASS IS 60 MINUTES.**

## **BODYISM BLUEPRINT CLASS:**

This class is the blueprint for creating a long, lean, beautiful body. James Duigan and the Bodyism experts have used their years of training to create a holistic and form-focused class, which combines every aspect of the Bodyism movement philosophy. Each class starts with a shot of Berry Burn that will rev up your metabolism before you have even begun to move. The session highlights all the very best aspects of Bodyism training. With a strong focus on aligning movement and breath; the class fuses a perfect combination of movement preparation, yoga, functional movement and classical ballet. The mix of these elements will build strength, confidence and an overall sense of enhanced health and wellbeing.

## **BODYISM WARRIOR CLASS:**

This the Bodyism Blueprint class revved up a gear. Each session follows a high-intensity based program designed to challenge even the strongest of warriors. The class starts with a shot of Berry Burn which will boost your metabolism before the circuits have even begun. This intense session will work every muscle, to build physical and mental strength and stamina while also providing much needed stretches between sets to ensure that perfect form and flexibility is maintained. Be prepared to unleash your inner Clean and Lean warrior.

## **BODYISM YOGA:**

### **B Free**

The intention of B Free is to bring freedom of movement into the body and mind. This class stretches, spirals and frees your body so that you can release the structure of your habitual patterns and enjoy a fluid and liberated practice. This class is the true essence of the Bodyism ethos; listen to your body and respond intelligently. Access your individuality, find clarity and test the power of your body. Leave feeling refreshed, energised and truly alive.

### **B Calm**

The intention of B Calm is to bring the natural rhythm of your body and mind back to balance. The practice will ground you from hectic city life and the asanas focus on centering, calming and unwinding. The class will slow the nervous system back down from 'fight or flight' mode to a centered more mindful way of being. Please remember that taking some time to pause and relax is vital for your well-being and this class will help you do just that. B Calm will melt the edges of everyday stresses away so that you leave feeling refocused, balanced and calm.

### **Acroyoga**

Learn to trust and let go in our Bodyism AcroYoga class, where the wisdom of yoga, the dynamic power of acrobatics and the support of working in a group is blended into one. These three lineages form the foundation of a practice that cultivates trust and playfulness; enabling the participants to explore the body and it's unlimited potential. This class will bring strength, playfulness and a powerful workout for every member. The practice is performed mainly in pairs or in groups. This class includes assisted inversions, partner acrobatics, therapeutic and acrobatic flying. Open to all levels. No previous experience required, no partner needed.

## **PILATES**

Bodyism pilates has been created so that each member can apply their practice into their everyday life. Pilates is a series of movement which will help give you a long, lean physique. It is a wonderful way of lengthening and strengthening leg, arm, back and stomach muscles. One of its main benefits is to develop your core muscles, found in your abdominal, back and pelvic areas. This helps improve co-ordination, posture and balance. It makes all your movement more efficient so it's the perfect compliment to other forms of exercise or just for making long hours at your desk more comfortable. Pilates is also beneficial for rehabilitation and can be practiced during pregnancy. Bodyism Pilates Specialists make every effort to work closely with the clients to ensure they continuously improve their practice.

## **BODYISM BOXING:**

Bodyism Boxing packs a serious punch. Master the art of jabbing, upper cuts and hooks whilst working up a sweat and releasing a hearty dose of 'feel good' endorphins. Taught by an ex-pro, each class will consist of Bodyism movement prep, technical drills, circuit training, partner sparring finished off with a well-deserved cool down to round off your workout. This fat-burning class is designed to improve your speed and agility.

## **BODYISM BALLET:**

Bodyism Ballet focuses on attaining graceful posture, maximising core strength and improving flexibility whilst appreciating some of the world's finest classical music. A ballerina's movement vocabulary is vast which means every experience in the Bodyism studio is unique. The one-hour ballet class includes conditioning movements at the barre, fundamental ballet techniques, an allegro cardio session and the work is always rounded off with a well-deserved stretch and meditation. Whether you are a novice or a prima ballerina each class aims to challenge and motivate. Ballet techniques require the continual use of core muscle groups including abdominals, glutes, inner thighs and hamstrings, as well as working the feet, back and arms. Bodyism Ballet is a key contender in helping you attain a long, lean beautiful body. Ballet will not only enhance your physical beauty but also increase your mental well-being, concentration and memory too.

## **BODYISM BALLET BOXING:**

Bodyism Ballet Boxing is a fusion of basic Ballet and Ballet Hiit mixed with aspects and elements of Boxing and Kick-Boxing. It has that coordination to get your mind working and that element of release to get rid of any stress you may be unwillingly holding on to. The class has everything, from ballet port de bras to Hiit core workout to jabs and punches while doing ballet grand battements. There are pirouette moving across the floor combinations as well as a section of lengthening stretches. It will sculpt your body into something beautifully strong and elegant. The class is suitable for all levels, you don't have to have done either to join.