



Healthy
Living



2023

Exercise Timetable

Week Beginning 17 th July				
Monday 17th	Tuesday 18th	Wednesday 19 th	Thursday 20th	Friday 21st
10:00 – 10:45 Dance Fit Civic Hall	10:00 – 10:45 Ballet Be Fit Civic Hall	10:00 – 10:55 DDMIX Civic Hall	10:00 – 10:45 Core and Floor Civic Hall	10:00 – 11:00 Tai Chi Civic Hall
11:00 – 11:45 Seated Yoga Civic Hall	11:00 – 11:45 Ballet Be Fit Civic Hall	11:00 – 12:00 Fit-Start Civic Hall	11:00 – 12:00 Somatic Yoga Civic Hall	11:00 – 12:00 Boxercise Civic Hall
11:30 – 12:30 DDMIX & Tone Sangat Centre	12:00 – 1:00 HITT & Tone BCA	11:15 – 12:00 DDMIX-SIT Sangat Centre	12:30 – 1:30 Seated & Strength Training Civic Hall	
	1:00 – 2:00 Rethinking Pain Haworth			
2:00 – 3:00 Seated Yoga St Johns Ilkley	3:00 – 4:00 Rethinking Pain Silsden			
Week Beginning 24 th July				
Monday 24th	Tuesday 25th	Wednesday 26 th	Thursday 27th	Friday 28th
10:00 – 10:45 Dance Fit Civic Hall			10:00 – 10:45 Core and Floor Civic Hall	10:00 – 11:00 Tai Chi Civic Hall
11:00 – 11:45 Seated Yoga Civic Hall	1:00 – 2:00 Rethinking Pain Haworth	11:00 – 12:00 Simple Circuits Civic Hall	11:00 – 12:00 Somatic Yoga Civic Hall	11:00 – 12:00 Boxercise Civic Hall
2:00 – 3:00 Seated Yoga St Johns Ilkley	3:00 – 4:00 Rethinking Pain Silsden			
Week Beginning 31 st July				
Monday 31st	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th
12:00 – 1:00 HITT & Tone BCA	10:00 – 10:55 DDMIX Civic Hall		10:00 – 10:45 Core and Floor Civic Hall	10:00 – 11:00 Tai Chi Civic Hall
11:00 – 11:45 Seated Yoga Civic Hall	11:00 – 11:45 Ballet Be Fit Civic Hall	11:00 – 12:00 Simple Circuits Civic Hall	11:00 – 11:45 Stretch & Flex Civic Hall	11:00 – 12:00 Boxercise Civic Hall
2:00 – 3:00 Seated Yoga St Johns Ilkley			12:30 – 1:30 Seated & Strength Training Civic Hall	

Week Beginning 7 th August				
Monday 7 th	Tuesday 8 th	Wednesday 9 th	Thursday 10 th	Friday 11 th
12:00 – 1:00 HITT & Tone BCA	10:00 – 10:55 DDMIX Civic Hall		10:00 – 10:45 Core and Floor Civic Hall	10:00 – 11:00 Tai Chi Civic Hall
11:00 – 11:45 Seated Yoga Civic Hall	11:00 – 11:45 Ballet Be Fit Civic Hall	11:00 – 12:00 Simple Circuits Civic Hall	11:00 – 11:45 Stretch & Flex Civic Hall	11:00 – 12:00 Boxercise Civic Hall
2:00 – 3:00 Seated Yoga St Johns Ilkley			12:30 – 1:30 Seated & Strength Training Civic Hall	
Week Beginning 14 th August				
Monday 14 th	Tuesday 15 th	Wednesday 16 th	Thursday 17 th	Friday 18 th
12:00 – 1:00 HITT & Tone BCA			10:00 – 10:45 Core and Floor Civic Hall	10:00 – 11:00 Tai Chi Civic Hall
		11:00 – 12:00 Simple Circuits Civic Hall	11:00 – 11:45 Stretch & Flex Civic Hall	11:00 – 12:00 Boxercise Civic Hall
			12:30 – 1:30 Seated & Strength Training Civic Hall	
Week Beginning 21 st August				
Monday 21 st	Tuesday 22 nd	Wednesday 23 rd	Thursday 24 th	Friday 25 th
10:00 – 10:45 Civic Hall Civic Hall	10:00 – 10:55 DDMIX Civic Hall		10:00 – 10:45 Core and Floor Civic Hall	10:00 – 11:00 Tai Chi Civic Hall
11:00 – 11:45 Seated Yoga Civic Hall	11:00 – 11:45 Ballet Be Fit Civic Hall	11:00 – 12:00 Simple Circuits Civic Hall	11:00 – 12:00 Somatic Yoga Civic Hall	11:00 – 12:00 Boxercise Civic Hall
	1:00 – 2:00 Rethinking Pain Haworth		12:30 – 1:30 Seated & Strength Training Civic Hall	
2:00 – 3:00 Seated Yoga St Johns Ilkley	3:00 – 4:00 Rethinking Pain Silsden			

Week Beginning 28 th August				
Monday 28 th	Tuesday 29 th	Wednesday 30 th	Thursday 31 st	Friday 1 st
Bank Holiday		11:00 – 12:00 Simple Circuits Civic Hall	10:00 – 10:45 Core and Floor Civic Hall	10:00 – 11:00 Tai Chi Civic Hall
	1:00 – 2:00 Rethinking Pain Haworth		11:00 – 12:00 Somatic Yoga Civic Hall	11:00 – 12:00 Boxercise Civic Hall
	3:00 – 4:00 Rethinking Pain Silsden			

New September timetable available mid-late August

Exercise Class descriptions

Ballet Be Fit	A ballet inspired standing exercise class performed using a chair. Learn new exercises to tone and sculpt the body, while increasing flexibility and muscle strength, ideal for those with muscular issues and those returning to fitness.
Boxercise	An exercise concept based on the training methods used by boxers. A fun, challenging and safe workout, great for stress busting, accessible to all ages and fitness levels.
Dance Fit	A full body workout using dance moves and cardio exercise, designed to help improve your cardiovascular fitness and strengthening your body.
Core & Floor	Standing and floor exercises to tone the tummy and core and strengthen the muscles of the pelvic floor. A varied workout with lots of options, at a pace to suit everyone.
DDMIX	Diverse Dance Mix exercise class designed by Dame Darcy Bussell. Have fun learning new moves, such as Disco, Tango, Bollywood and American Jazz. Suitable for all abilities!
DDMIX-SIT	Seated version of our popular Diverse Dance Mix exercise class designed by Dame Darcy Bussell. Enjoy seated Bhangra, Rock n' Roll, Flamenco, Bollywood and American Jazz. Suitable for all abilities!
DDMIX & Tone	Enjoy the moves of our Diverse Dance Mix exercise class, before moving on to

	exercises focused on toning tummies and thighs while strengthening the muscles of the pelvic floor.
Fit-Start	An exercise class working a variety of muscle groups, using different techniques, standing, seated and floor exercises. A great start to fitness for both beginners and those experienced in exercise.
HIIT & Tone	HIIT or High-Intensity Interval Training is short periods of intense exercise with brief recovery periods. Followed by exercises for toning and relaxation.
Rethinking Pain	A gentle exercise classes, created for people living with chronic pain, led by instructors experienced working with people in pain to improve quality of life.
Seated & Strength Training	A seated exercise class to promote balance and strength in key muscle groups. Includes exercises to improve mobility and increase flexibility.
Seated Yoga	Accessible chair yoga course suitable for all ages and levels of fitness. Increases strength and flexibility, improves breathing and lung capacity as well as calming the mind and giving an overall sense of well-being.
Beginners Seated Yoga	A beginner's chair yoga course suitable for those new to yoga. Focuses on breathing and lung capacity, strength, and flexibility; as well as calming the mind.
Simple Circuit	Simple Circuit involves doing a mixture of strength training and cardio exercises one after the other with short recovery breaks between exercises.
Somatic Yoga	Slow gentle movements with both standing and floor exercises. Finishing with relaxation on the floor. This class suitable for those with tight muscles, joint pain, and movement limitations. Designed to re-train the brain to let go of long held tension, realigning imbalances to promote movement and self-awareness.
Stretch & Flex	Relaxing stretch sessions that will allow you to unwind whilst increasing your flexibility and promote muscle strength.
Tai Chi	A series of slow, meditative body movements using martial arts style moves to promote inner peace and calm. Suitable for all abilities!

**Booking is required for all exercise classes Call 01535 677177
or email admin@khl.org.uk or call in to our reception to book your place.**

Classes are subject to change at any time, we will of course give as much notice as possible. All participants must have completed and keep up to date a PARQ prior to exercise, if you are pregnant or have an illness/injury you must not exercise.

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