

Online booking is essential.
All Fitness Levels. All Welcome.
Age 16 and over.



Easy-to-follow **dance aerobic fitness** to club anthems from the 90s - **latest hits with glowsticks and disco lights**. Dance, cardio & toning with high and low impact modifications.



High Intensity Interval Training - A **highly effective** form of exercise that uses interval structures to alternate between intense periods of challenging moves and short rest times. And combined with cardio, bodyweight and strength training.



No impact Fitness Pilates class focusing on building **core and back strength**, working on **musculoskeletal imbalances, mobility, flexibility, stability and mindfulness** with calm and relaxation music.



Low-Intensity Interval Training is an alternative to HIIT - more **gentler, low-impact and more manageable workout** and consists of low-impact exercises performed in long intervals followed by a slower-paced recovery period.



NKH Fitness



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Scan a QR Code to book online

*Terms and conditions apply