

Shaun's Special Keep Young Classes



About Shaun

Shaun Prickett is a qualified fitness instructor with years of experience in encouraging students to enjoy keeping fit. He also works as a personal trainer.

About Shaun's classes

Shaun encourages his students to fulfil their potential while stressing that they should not compete with one another. His aim is for classes to be fun and beneficial. His classes are for men and women of mixed ability and ages. Visitors welcome.

Fit & Firm

Shaun's *Fit and Firm* classes combine high intensity exercises with short recovery intervals. Regular high intensity exercise helps you to lose weight, build muscle, and boost your metabolism. Your body will continue to burn calories for about two hours after this class.

Strength & Tone

Shaun's *Strength & Tone* training combines the use of weights and exercises to tone the body's major muscle groups.

Regular strength and tone training encourages your body to build lean muscle mass and to burn fat. It also improves bone density and helps to reduce your risk of osteoporosis.

Reflex Yoga

Shaun's *Reflex Yoga* classes combine stretching, balancing, and breathing exercises to increase your body's strength, balance, and flexibility.

Regular *Reflex Yoga* exercises help to improve your physical and mental health, your concentration, and eases your body's stress levels.

TUESDAY

09.30 to 10.15 Fit & Firm

10.30 to 11.15 Reflex Yoga

17.30 to 18.15 Fit & Firm

18.30 to 19.15 Strength & Tone

THURSDAY

09.30 to 10.15 Strength & Tone

10.30 to 11.15 Reflex Yoga

17.30 to 18.15 Strength & Tone

18.30 to 19.15 Fit & Firm

PAY-AS-YOU-GO

£7 per session. £13 for two consecutive morning sessions.

No booking required. Visitors welcome.



Venue: Grange-over-Sands Methodist Church LA11 7EY

For further information contact: Shaunprickett.sp@gmail.com