**What is the difference between Stretch & Tone and Feel-good All-over Body Workout?**

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|  | **Stretch & Tone** | **Feel-good All-over Body Workout** |
| **Class time:** | Monday, 9:15 – 9:55 AM | Monday, 10:15 – 11:15AM AND  Wednesday, 11:00 – 12:00 noon |
| **Venue:** | Harrogate Baptist Church Hall | Harrogate Baptist Church Hall |
| **What to bring:** | A towel or exercise mat to lie on | A towel or exercise mat to lie on |
| **Cost:** | £5, no need to book | £5, no need to book |
| **Session consists of:** | Warm-up  Muscle strengthening/ toning exercises, mainly on the floor  Cool-down (Stretching and relaxation) | Warm-up  Cardio-vascular routines (aka aerobics)  Muscle strengthening/ toning exercises  Cool-down (Stretching and relaxation) |
| **Who is the session aimed at?** | Great if you want to get into - or back into - exercise but don't fancy cardio yet. Perhaps you aren't keen on dance-type routines. Maybe you've been off on holiday, with an injury or illness, and you want to take it at your own pace. Stretch and Tone is the class for you! | Suitable for all levels of experience as you can take the exercises to your own level.  Includes cardio routines with an element of dance but plenty of repetition, and you can choose how much effort you put in.  A workout for your whole body with the focus on feeling good! |
| **Is there tea/coffee afterwards?** | No | Only after the Monday 10:15 class. |
| **Music** | Great music! | Great music! |