

The Benefits of Taking an Exercise To Music Class

Exercise To Music is a great way to get your weekly exercise and have some fun while working out here's another few reasons it's worth a try.

- Music is a great motivator it elevates mood, reduces stress and relieves symptoms of depression. Add this to the same benefits you get when we exercise you're on to a winner.
- The time passes far quicker when you exercise to music and it feels less of a chore when the moves are choreographed to the beat and timing of a music track.
- You get a full body workout, stretching, toning, strengthening, and cardio are all included in the workout. You will also find posture, balance and coordination are improved if you make this a regular class.
- It's a really great class to meet new people and to take with friends and family. You need no equipment and is good for all abilities and age ranges.



All you will need to join in the class is loose comfortable clothing, suitable footwear and water. ETM Class and Zumba are both taken by Instructor Liz Storey call reception at the Sports Village for more details 01226 216342