



BEDFORD HOUSE

Arts – Crafts – Fitness – Leisure – Room Hire
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Aerobics

Tutor: *Jennifer Humm*

Monday

19:30pm – 20:30pm

Regular exercise develops muscle and maintains muscle power. It maintains and strengthens joint mobility, posture, and energy, thereby increasing your general sense of well-being. Classes begin at a low level of aerobic exercise and increase gradually.

Class format:

Warm-up/mobiliser: warming up the joints for the aerobic workout.

Pulse-raiser: low level of aerobic exercise to raise the pulse.

Pre-stretches: gentle stretching to prepare muscle groups for the aerobic phase.

Aerobic phase:

Build-up: low impact moves to increase heart-rate for the hard aerobics session.

Hard aerobics: high & low impact aerobics, keeping heart-rate within the training sensitive zone.

Cool-down: low impact moves to decrease heart-rate back to its former state.

Post-stretches: gently stretching all muscle groups used in the aerobic workout.

Muscular strength & endurance: toning up the muscles with floor exercises and incorporating dumbbells.

Relaxation & remobilizing: relaxing all muscles and the mind, bringing the class back to their feet to leave feeling vibrant and refreshed.



Please wear comfortable clothing and trainers with non-black soles. Classes are designed to be enjoyable, non-competitive and effective for you.

Please let us know of any injuries or medical conditions before classes begin (a doctor's or medical certificate may be required for any ongoing ailments, to certify that you are in suitable physical condition to participate in physical exercise).