



# Cybele

The Home of Movement

Personal Training | Classes | Group Training



## MONDAY

7.30am *Water 3* Stretch & Mobilise with Rebecca  
9.30am *Earth 2* Mat Pilates & Coffee with Carly  
5.00pm *Fire 4* Kettlebells with Carly  
6.00pm *Fire 2* SGPT: Base with Carly  
7.15pm *Fire 4* Circuits with Carly

## TUESDAY

7.30am *Earth 2* Mat Pilates with Carly  
7.00pm *Fire 4* SGPT: Force with Nicola

## WEDNESDAY

7.00pm *Fire 2* SGPT: Base with Kai

## THURSDAY

7.15am *Fire 4* Circuits with Lou  
9.30am *Fire 3* SGPT: Uplift with Lou  
10.30am *Fire 2* SGPT: 60 with Lou  
7.30pm *Fire 4* SGPT: Force with Nicola

## FRIDAY

7.00am *Fire 4* Mindful Menopause with Rebecca  
8.00am *Water 3* Stretch & Mobilise with Rebecca  
9.00am *Earth 2* Move Well with Rebecca  
12.30pm *Fire 4* Circuits Class with Kai  
1.30pm *Fire 2* SGPT: Base with Kai  
5.00pm Teignbridge Titans Netball Club

class schedule



FOR CLASS DETAILS AND TO BOOK PLEASE  
CONTACT THE COACH OR INSTRUCTOR DIRECTLY



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At Cybele we want to offer classes that cater for different people, different goals and different moods. We believe that intuitive movement creates a sustainable more enjoyable way to practice physical activity. Selecting activities based on how they make you feel are just as important as the health benefits they provide.

### Intensity Ratings

- 1 – Light effort.
- 2 – Moderate effort.
- 3 – Moderate to vigorous effort.
- 4 – Vigorous effort.
- 5 – Very hard to maximum effort.

### Coach & Instructor Contacts

Nicola - [inspired\\_coaching@yahoo.com](mailto:inspired_coaching@yahoo.com).

Rebecca -  
[hello@devonmovementgroup.co.uk](mailto:hello@devonmovementgroup.co.uk)

Kai - [cybelegym@gmail.com](mailto:cybelegym@gmail.com).

Lou - [louisewelsh3@icloud.com](mailto:louisewelsh3@icloud.com).

Carly - [ew.fitness@yahoo.com](mailto:ew.fitness@yahoo.com)

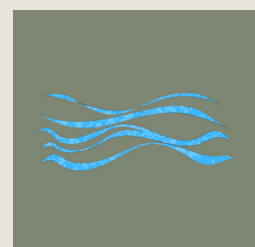
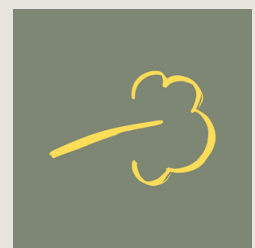
### Class Categories

**Fire** - A fire class/group focus is on strength and power. The blast of endorphins from this class/group will energise you and evoke feelings of empowerment and confidence. The use of resistance weight will challenge the capabilities of your body and mind.

**Air** - An air class/group focus is on creativity and energy. This class will hone into how your body and mind communicates and will give you a sense of freedom through movement and expression. The high tempo nature of this class will give you a feeling of accomplishment and pride.

**Water** - A water class/group focus is on regeneration and healing. This class/group is your opportunity to have a change in pace and focus on your body's recovery. The flowing nature of this class/group will give you a feeling of clarity and mindfulness.

**Earth** - An earth class/group focus is on stability and nourishment. This class/group is all about making you feel grounded and secure while redirecting your thoughts towards your health and wellbeing. Connecting with a deeper sense of movement.



class Information



FOR MORE CLASS INFORMATION PLEASE CONTACT  
THE COACH OR INSTRUCTOR

Unit 1 Holly House, TQ13 7FF | [www.cybelegym.co.uk](http://www.cybelegym.co.uk) | [cybelegym@gmail.com](mailto:cybelegym@gmail.com)