



## EnergizeX FIT FOR LIFE

# EnergizeX health, fitness & longevity classes

At New City College's Epping Forest Wellness Centre, in Borders Lane, Loughton

EnergizeX are bringing our health and fitness classes, as part of our longevity designed programs to New City College's new Epping Forest Wellness Centre, in Borders Lane, Loughton.

EnergizeX design and deliver classes and programs for men and women over 50 who want to get fit and active and keep their vitality.

For our generation of over 50s EnergizeX we see our health and fitness programs 100% in terms of providing a preventative health investment, including against type 2 diabetes and cardiovascular disease. Our classes and programs are designed to maximize the opportunity for healthy ageing to support active longevity with a balanced approach to exercise and nutrition. Our classes are delivered by highly experienced and qualified health and fitness teachers aged over 50.

## We are starting with our two most popular EnergizeX classes:

**BODYFUSION**  **CARDIO - AEROBIC**  
MONDAY 10.45 – 11.45

### *Fat burn - Toning – Bone density*

BodyFusion is our fun low impact MOVEMENT TO MUSIC energizing class. Andromeda is an especially designed functional strength, balance and agility workout that focuses on all aspects of the body and overall health.

Don't worry if you haven't been to an exercise class for years, this is your entry point to your fitness and health pathway. It's fun and easy to do, you will be asking where did those inches on your waistline disappear to?

Free access to all classes if you join the New City Fitness wellness centre  
£20 per month membership to New City Fitness (10 month minimum commitment).  
£24.99 per month membership to New City Fitness (4 month minimum commitment).  
£25 per month membership to New City Fitness (No commitment - concession rate)

**BODYFORGE**  **RESISTANCE - CARDIO**  
MONDAY 13.15 – 14.15

### *Increase muscle mass – Functional Strength*

BodyForge is designed to get you to feel your absolute best. The BodyForge easy to access strength training classes use our functional movement patterns to help you increase muscle mass, and in turn, burn more calories after your workout ends.

BodyForge is intended to delay age related muscle atrophy through body and free weight exercises with energizing music as part of the friendly motivating environment.

### **JOIN US NOW!**

Call NCC Epping Forest Wellness Centre: 0208-502-8776  
Email NCC Epping Forest Wellness Centre: Michael.Hoang@nccclondon.ac.uk  
Email EnergizeX: nigel@energizex.co.uk  
Facebook: @nigelenenergizex



# EnergizeX

## FIT FOR LIFE

### - GREAT VENUE

EnergizeX is using the new state-of-the-art Exercise Studio @ Epping Forest Wellness Centre for our classes. Epping Forest Wellness Centre Features Exercise studio - Café with views over an open park - Space and opportunity for meeting and socializing - Free onsite car parking Wheelchair accessibility across the entire building - Secure storage lockers.

### - OUR PHILOSOPHY

Live your best life now and be **FIT FOR LIFE!**

### - ACTIVE AGEING

We all age we know. But, how we age and how we live is different now from two or even one generation ago. We want more. We expect more. We want to feel and look as good as we can, for as long as we can, and why not? With some work and conscious thought and commitment, of course!

### - JOIN US TODAY!

Sometimes we all need a little help to reach our goals we're here to motivate, encourage and support you on every step of your journey towards better health and fitness, to show you that you can do it, and that exercise and eating right can be fun!

### - PHYSICAL DECLINE IS NOT INEVITABLE!

Make 2023 the year that you really do become happier and healthier, and closer to who and how you want to be. So why not contact us and start your fitness journey today!

### - BOOKING A CLASS

You can *Pay and Go* £5.50 on arrival at reception for **BODYFUSION** or **BODYFORGE** or to book the classes up to 2 weeks in advance please call the Epping Forest Wellness Centre on: 0208-502-8776

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