

Group Fitness Timetable

Monday	9.30 – 10.15am	Zumba	Craig	Studio 1
	10.15 – 11.00am	Bodytone	Craig	Studio 1
	5.30 – 6.15pm	Spinning	Matt	Spin Studio
	6.00 – 6.45pm	Back To Basics	Paula	Studio 1
	6.15 – 7.00pm	Spinning	Matt	Spin Studio
	7.30 – 8.15pm	Zumba	Natalie	Studio 1
Tuesday	9.30 – 10.30am	Body Pump	Carolyn	Studio 1
	10.45 – 11.45am	Yoga/Pilates	Sam	Studio 1
	11.00 – 11.45am	Aqua-Fit	Vicky	Pool
	12.30 – 1.15pm	Spinning	Matt	Spin Studio
	6.00 – 6.45pm	Hi/Low Aerobics	Craig	Studio 1
	6.45 – 7.30pm	Body Conditioning	Craig	Studio 1
	7.30 – 8.15pm	Boxercise	Craig	Studio 1
	8.00 – 8.45pm	Spinning	Mark	Spin Studio
	8.15 – 9.00pm	Zumba	Craig	Studio 1
Wednesday	9.30 – 10.30am	Yoga/Pilates	Sam	Studio 1
	10.30 – 11.15am	Hips, Bums & Tums	Natalie	Studio 1
	11.30 – 12.15pm	Yoga	Ange	Studio 1
	5.15 – 6.10pm	Body Pump	Carolyn	Studio 1
	6.15 – 6.45pm	Tone Blast	Carolyn	Studio 1
	6.15 – 7.00pm	Spinning	Mark	Spin Studio
	7.15 – 8.15pm	Spinning (Advanced)**	Steve Wright	Spin Studio
Thursday	9.30 – 10.15am	Body Conditioning	Mark	Studio 1
	12.30 – 1.15pm	Spinning	Mark	Spin Studio
	5.15 – 6.00pm	Circuits	Matt	Studio 1
	6.15 – 7.00pm	Zumba	Craig	Studio 1
	6.15 – 7.00pm	Spinning	Matt	Spin Studio
	7.00 – 7.45pm	Yoga	Craig	Studio 1
	8.00 – 8.45pm	Spinning	Steve Chell	Spin Studio
	Friday	9.30 – 10.15am	Zumba	Abby
10.20 – 11.05am		Thump	Mark	Studio 1
12.30 – 1.15pm		Body Pump	Carolyn	Studio 1
5.30 – 6.15pm		Spinning	Mark	Spin Studio
6.30 – 7.15pm		Body Sculpture	Mark	Studio 1
Saturday	4.15 – 5.00pm	Spinning	Vicky	Spin Studio
	5.15 – 6.00pm	Hips, Bums & Tums	Vicky	Spin Studio
Sunday	10.00 – 10.45am	Spinning	Matt	Spin Studio

Group Fitness Timetable

AEROBICS

A high-energy fast paced class to get your pulse racing and heart pumping. A combination of high and low impact routines to challenge your body, great for calorie burning.

AQUA AEROBICS

A fun workout in the pool, working against the resistance of the water. Lots of fun without the stress on your joints, great for toning and suitable for all levels.

BODY TONING

Each body part is worked in turn using dumbbells to improve strength and tone. There is great encouragement from the instructor and lots of focus on technique. Suitable for all levels.

BOXERCISE

Punch yourself to the perfect physique! Boxing training consists of skipping, pad work, strength, speed and flexibility. It's No contact and suitable for all levels.

CIRCUITS

A challenging combination of stepping, skipping, running and weights. Get all the benefits of strength and stamina training in one class!

HIPS, BUMS AND TUMS

This class is a great way of maintaining the muscle structure and making these areas of the body look more toned and shapely.

PILATES

Involves movements that are slow and controlled. Control of breathing and movements are emphasised and the body is conditioned to maintain good posture with absolute abdominal control.

GROUP CYCLE

The indoor cycling experience! This is an excellent way to burn fat and improve stamina. A motivating, non-impact class suitable for all levels.

STEP AEROBICS

Great cardio class for fat burning whilst toning and strengthening the lower body.

DANCING STEP/TONE

Rhythmic dance moves incorporating the step box. Dance yourself into great shape the fun way, and finish with body sculpturing using free weights. A great way to burn calories get fit and tone your body.

PUMP

Tone your muscles as effectively as a workout in the gym with exercises such as squats, shoulder press, bicep curls, lunges and bench presses.

ZUMBA

Dance based class that is a fun way of burning fat and working the cardiovascular system.