

Group Fitness Timetable

Starting Monday 2nd January 2012

	Time	Class	Location
Mon	09.30 – 10.30	Aerobics	Studio
	18.15 – 19.15	Yoga*	Studio
	18.40 – 19.40	Body Attack	Studio
	19.40 – 20.40	Body Balance	Studio
	20.45 – 21.45	Body Pump	Studio
Tues	09.30 – 10.30	Body Combat	Studio
	10.45 – 11.30	Spinning Bikes - bookable	Studio
	19.00 – 20.00	Aerobics	Studio
Wed	09.30 – 10.30	Full Body Toning	Studio
	10.45 – 11.45	Circuit Training	Studio
	18.00 – 18.45	Spinning Bikes - bookable	Studio
	19.00 – 20.00	Stability Ball	Studio
	20.00 – 21.00	Body Pump	Studio
Thurs	09.30 – 10.30	Body Balance	Studio
	18.00 – 19.00	Yoga*	Studio
	19.00 – 20.00	Body Pump	Studio
	19.10 – 20.10	Yoga - bookable	Studio
	20.15 – 21.15	Body Combat	Studio
Fri	09.30 – 10.30	Body Pump	Studio
	10.45 – 11.45	Wellbeing Aerobics	Studio
	19.30 – 20.15	Spinning Bikes - bookable	Studio
Sat	09.15 – 10.15	Cardio Blitz	Studio
Sun	09.30 – 10.30	Body Combat	Studio

* Class not included in membership

BOOKINGS – Members 5 days in advance after 11am and Non – members 3 days in advance after 11am



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Aerobics - Enjoy a uniquely choreographed class, adaptable to suit any ability level. This class is great for individual progression, keeping fit and having fun.

Body Balance - A class that combines Yoga, Tai Chi and Pilates. Step out of your day and step into Body balance.

Body Combat - An athletic and exciting complete body workout which combines power house moves and stances developed from a range of self defence disciplines. An exhilarating 'take no prisoners', adrenaline pumping session that will get you fighting fit in record time.

Body Pump - A motivating class incorporating the use of the barbell, weights and great music. Brilliant for all over body toning and conditioning. Please arrive early for your first class.

Cardio Blitz - The ultimate workout! This dynamic fat burning class is great for those who like easy to follow, fun but challenging routine. Body Blitz comprises a lively warm up, 30 minutes of high/low impact aerobics and series of deep toning for the lower body. Guaranteed to make you sweat!

Cardio Tone - This work out is a combination of aerobics to raise the pulse and then a combination of deep core stability and toning exercise.

Conditioning Aerobics - Suitable for any ability level, This class is great for using core muscles and individual progression.

Spinning bikes - Indoor cycling in the form of spinning provides a fantastic cardiovascular workout with the motivation of an experienced instructor.

Stability Ball - This class is ideal for working specifically on your 'core' muscles (this includes your stomach and back areas.) So this is an excellent class for toning your abs and flattening your stomach. These exercises can help prevent back problems and promote good posture. The stability balls are also adaptable to strengthen, tone and can be used outside of these classes.

Strictly cardio - A cardio class with a difference...add a little rhythm, dynamics and flair and lets go back to old school. Includes Latin grooves and hoola moves. This class is great for toning legs, bums & tums.

Total toning - Combination of Aerobic exercises, and then deep core stability and toning.

Well being Aerobics - A low impact class ideal for pre/post natal and those in their prime of life, suitable for all abilities.

Yoga - Works on postural alignment and strength

Zumba - Spanish slang for 'to move fast and have fun' - enjoy salsa, samba and merengue music. This is the fastest growing, dance based fitness craze in the county, with people of all ages falling in love with its infectious music, easy to follow dance moves, and body beautiful benefits.

