

Group Fitness Timetable



	Time	Class	Instructor
Mon	18.30 - 19.15	Kickboxercise	Jenny
	19.30 - 20.15	Bums, Tums & Thighs	Jenny
Tues	18.30 - 19.15	Blast Attack	Karen
	19.15 - 20.15	Pilates	Karen
	19.30 - 20.15	Zumba	Louise
	20.20 - 21.05	Zumba	Louise
Wed	18.30 - 19.15	Cardio Circuits	Krista
	19.20 - 20.20	Body Conditioning	Krista
Thurs	18.30 - 19.30	Circuit Training	Jenny
Fri	18.15 - 19.00	Step Aerobics	Catriona



Class Descriptions

Bums, Tums & Thighs / Body Conditioning: A less strenuous all over muscle workout for complete tone and definition, working on specific areas. Being a low impact workout it is kinder to the joints. Suitable for all abilities.

Blast Attack: Simple high – energy sports training moves for cardiovascular fitness and conditioning exercises for building strength.

Cardio Circuits: A fast paced, high-energy workout using principles of interval training and high intensity cardio exercises for the ultimate workout with maximum calorie burning.

Circuit Training: A mix of cardio and resistance exercises performed in a circuit to music. Suitable for all abilities.

Kickboxercise: Non-contact exercise. A total upper and lower body workout. A must for fat burning and stress relief. Kick and punch your way to fitness. Suitable for all abilities.

Pilates: The ultimate body workout. Pilates offers many benefits including a flatter stomach, better posture, improved flexibility and lower stress levels. Beginners and improvers welcome.

Step Aerobics: High & low impact exercises using the ever popular "Step". For heart and lung health. Helps firm up the bottom.

Zumba: If you want to burn calories, tone the body, have fun with friends or simply meet new people – then ZUMBA is definitely for you. Mixing four main styles of dance – merengue, salsa, cumbia and reggaeton – you'll also find some hip-hop moves and belly dancing moves thrown in for an explosive, entertaining and dynamic class that can burn hundreds of calories.

For more information about any of our classes please contact us on 0115 981 4027 or ask at reception.

