

Group Fitness Timetable

Monday

07.00	Spinning
11.00	Pilates
17.45	Body Conditioning
18.00	Spinning
19.00	Step
19.00	Boxercise
20.00	20/20/20
20.00	Kettlebells

Tuesday

07.00	Body Pump
11.30	Body Conditioning
18.00	Abs Class
18.00	Body Attack
19.00	Body Combat
19.00	Spinning
20.00	Body Pump

Wednesday

07.00	Body Pump
11.30	Body Balance
12.30	30 Minute Blitz
18.00	Spinning
19.00	Circuits
19.00-20.00	Circuits

Thursday

07.00	Body Pump
12.00	Step
17.45	Body Attack
19.00	Body Pump
19.15	Spinning
20.00	Pilates

Friday

07.00	Spinning
10.00	Kettlebells
17.15	Spinning
17.30	Body Balance

Saturday

09.00	Family Spinning
10.15	Step

Sunday

11.00	Body Combat
17.30	Body Pump
18.45	Body Attack

NOTES

*MILITARY CIRCUITS – free member spaces are available at the discretion of the organisers.

HEALTH AND SAFETY

The management respectfully request that all coats and bags be stored in the lockers provided at all times when classes are in progress. Only water bottles and small towels will be allowed into the studios.

Would all class participants please sign in 10 minutes prior to class start time to enable classes to start and finish on time.



Group Fitness Timetable

20/20/20

A 60 minute class consisting of 20 minutes cardio, 20 minutes sculpting & 20 minutes core work. A total body workout, all you need in just one class. Suitable for all fitness levels.

30 MINUTE BLITZ

An intense 30 minute workout suitable for all fitness levels.

ABS

Core strength and stability. A workout to strengthen your abdominals and back.

BODY ATTACK

The high energy, athletic workout. A Sports inspired, fitness elevating, 60 minute workout suitable for everyone, beginner or experienced exerciser alike.

BODY BALANCE

A carefully structured series of stretches, moves and poses create an holistic workout that bring the body in to a state of harmony and balance

BODY COMBAT

A cardio based mixed martial arts workout, incorporating boxing, tae-kwon-do, tai-chi and karate. Non-contact purely for fun and to get fit.

BODY PUMP

The world's fastest way to get in shape! A group barbell programme that challenges every major muscle in your body. This is the one designed to change your body shape, boosts endurance levels and speeds up your metabolism for rapid fat burning. Helps to increase bone density, a vital factor in reducing osteoporosis.

BODY CONDITIONING

Free-style, all over body toning and strengthening workout.

BOXERCISE

A fun filled circuit style class, incorporating boxing techniques working with gloves and pads. A 50 to 60 minute cardio workout.

CIRCUITS

A combination of cardio-vascular and resistance training. Ideal for all fitness levels.

KETTLEBELLS

The ultimate in calorie burning and strength training. Perfect for core and back stability. A half hour session with a kettlebell is the equivalent to working in the gym for one hour. A kettlebell can penetrate deeper into the muscle tissue, strengthening ligaments and tendons other means of exercise cannot reach.

PILATES

Core and back strengthening to improve posture and flexibility. A range of gentle strengthening and toning exercises.

SPINNING

A 45 minute class on an indoor stationary spinning bike. Beneficial for all fitness levels. It will energise, challenge and inspire.

STEP AEROBICS

An aerobics class using a step deck and optional free weights, with particular emphasis on hips and thighs. A good calorie burner and leg toner.

*Parents or guardians MUST accompany all children taking part.

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