

# Group Fitness Timetable

<b>MONDAY</b>	ZUMBA	18.00 - 19.00
	CIRCUITS	19.00 - 20.00
	BODY COMBAT	20.10 - 21.10
<b>TUESDAY</b>	BODY ATTACK	18.00 - 19.00
	PILATES (INTERMEDIATE) *	19.45 - 20.45
	PILATES (BEGINNERS) *	20.45 - 21.45 **
<b>WEDNESDAY</b>	SWAY DANCE - STREET DANCE***	17.00 - 18.00
	ZUMBA	19.00 - 20.00
	AQUA AEROBICS	19.30 - 20.15
	BODY COMBAT	20.00 - 21.00
	AQUA AEROBICS	20.15 - 21.00
<b>THURSDAY</b>	AQUA AEROBICS	10.00 - 10.45
	YOGA	18.00 - 19.00
	ZUMBA	20.00 - 21.00

\* Additional to Expressions membership, however discounts apply.

\*\* Run as a six week course.

\*\*\* Age restrictions, please ask at reception.

**Aqua Aerobics** – For all those people that enjoy a workout to music in water. This class is unique in its non-weight bearing approach to exercise using the water as a great resistance to tone up those bodies!

**Body Attack** – This is the most athletic but easy to follow class you will ever do! An intense calorie burning workout that pushes you to the limit. A cardiovascular interval training class, combining high intensity aerobics with strength and stabilising exercises. Hard driving music provides the background to a program of jumping, kicking and running routines. Get ready to experience a rocket-fuelled concoction of music and moves.

**Body Combat** – An athletic and exciting complete body workout which combines powerhouse 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.

**Circuits** – This class consists of a cardiovascular warm-up, following a wide range of selected exercises, using a variety of equipment, working station-to-station. This concentrates on both resistance and cardiovascular work, aiming to improve fitness, and shape and tone the whole body.

**Yoga** – This is NOT a spiritual class, it is fitness based and works on postural alignment and strength's.

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

