

Group Fitness Timetable

	TIME	CLASS	INSTRUCTOR
MON	9.30 - 10.30AM	AEROBICS/TONING	LYNN
	12.00 - 1.00PM	AQUA AEROBICS	RACHEL
	6.00 - 7.00PM	AEROBICS	SHEILA
	7.00 - 8.00PM	CIRCUITS	SHEILA
	8.00 - 9.00PM	CIRCUITS	SHEILA
	9.15 - 10.00PM	SPINNING	SHEILA
TUES	9.30 - 10.30AM	HIPS/BUMS/TUMS	RACHEL
	5.40 - 6.25PM	SPINNING	KAREN
	6.30 - 7.15PM	HIPS/BUMS/TUMS	LYNN
	7.15 - 8.00PM	AEROBICS	ANT
	8.00 - 9.00PM	BOXERCISE	ANT
WED	9.30 - 10.30AM	BODY TONING	LYNN
	6.00 - 7.00PM	AEROBICS/TONING	TRACY
	7.00 - 8.00PM	PILATES	TRACY
	8.15 - 9.00PM	SPINNING	JIM
	8.30 - 9.30PM	AQUA AEROBICS	RACHEL
THURS	9.30 - 10.30AM	BOXERCISE	JULIA
	11.30 - 12.30PM	PILATES	TRACY
	6.00 - 7.00PM	SPINNING	KAREN
	7.00 - 8.00PM	AEROBICS	LYN
	8.00 - 9.30PM	YOGA	MAXINE
FRI	9.30 - 10.30AM	STEP/TONING (weights)	LYNN
	10.45 - 11.15AM	SPINNING	KAREN
	6.00 - 7.00PM	BODY TONING	JULIA
SAT	11.15 - 12.00PM	SPINNING	JIM
	3.00 - 4.00PM	AEROBICS	LYN
SUN	10.00 - 11.00AM	BOXERCISE	ANT
	10.00 - 11.00AM	BODY TONING	SHEILA
	11.00 - 12.00PM	CIRCUITS	SHEILA
	12.00 - 12.45PM	SPINNING	SHEILA

Class Descriptions

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.

SPINNING

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.

Please note:

1. Bookings can be taken 1 day prior to the class.
2. You need to book for all classes to reserve your place.
4. Please hand your receipt to the instructor in the class.
5. You should arrive 5 minutes prior to the class starting. Late arrival will result in non admittance.
6. Please advise the instructor prior to the class starting of any medical conditions or if you need to refrain from any element of the class activity.
7. Appropriate footwear and clothing must be worn. Fluid must be taken to keep hydrated.
8. Please note management have the right to amend the programme at any time.
9. Sometimes a class may need to be covered by a replacement instructor. This means the class content may be different.

All fitness classes are included free in the Full Expressions Membership Package. For more information please contact the Expressions team on 01782 515005