

# Group Fitness Timetable

<b>MONDAY</b>	9.30 - 10.30am	Aerobics/Toning	Lynn MC
	12.00 - 1.00pm	Aqua Aerobics	Nicola
	6.00 - 7.00pm	Aerobics	Sheila
	7.00 - 8.00pm	Circuits	Sheila
	8.00 - 9.00pm	Circuits	Sheila
	8.00 - 9.00pm	Zumba	Melissa
<b>TUESDAY</b>	9.15 - 10.00pm	Group Cycle	Sheila
	9.30 - 10.30am	Hips/Bums/Tums	Lynne
	10.30 - 11.30am	Zumba	Stacey
	5.40 - 6.25pm	Group Cycle	Karen
	6.00 - 7.00pm	Zumba	Stacey
	6.30 - 7.15pm	Hips/Bums/Tums	Lynne
<b>WEDNESDAY</b>	7.00 - 8.00pm	Zumba	Stacey
	7.15 - 8.00pm	Aerobics	Lynne
	8.00 - 9.00pm	Boxercise	Ant
	9.30 - 10.30am	Body Toning	Vicky
	10.30 - 11.30am	Zumba-Tone	Stacey
	6.00 - 7.00pm	Zumba	Lucy
<b>THURSDAY</b>	7.15 - 8.00pm	Group Cycle	Karen
	7.30 - 8.30pm	Aqua Aerobics	Nicola
	9.30 - 10.30am	Boxercise	Vicky
	6.00 - 7.00pm	Group Cycle	Karen
	6.30 - 7.30pm	Yoga	Maxine
	7.00 - 8.00pm	Aerobics	Lynne
<b>FRIDAY</b>	8.00 - 9.30pm	Yoga	Maxine
	9.30 - 10.30am	Dancing Step/Tone	Lynn MC
	10.40 - 11.25am	Group Cycle	Karen
	6.00 - 6.45pm	Watt Biking	Jim
<b>SATURDAY</b>	6.00 - 7.00pm	Body Toning	Julia
	11.15 - 12.00am	Group Cycle	Jim
<b>SUNDAY</b>	11.00 - 12.00pm	Body Conditioning	Sheila
	12.00 - 12.45pm	Circuits	Sheila
		Group Cycle	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.

## **DANCING STEP/TONE**

Rhythmic dance moves incorporating the step box. Dance yourself into great shape the fun way, and finish with body sculpturing using free weights. A great way to burn calories get fit and tone your body.

## **PUMP**

Tone your muscles as effectively as a workout in the gym with exercises such as squats, shoulder press, bicep curls, lunges and bench presses.

## **ZUMBA**

Dance based class that is a fun way of burning fat and working the cardiovascular system.