

**Ab Attack** — Thirty minutes of pure stomach exercises.

**Aerotone** — Join this excellent combination of easy to follow aerobics and toning exercises. This class gives the full body a workout.

**Aquarobics** — This aqua class focuses on aerobic endurance and resistance training.

**Pilates (Body Conditioning)** — A pilates style body conditioning class that concentrates on lengthening and strengthening muscle in a relaxed, but challenging way.

**BodyBalance** — Body Balance is a combination of Tai Chi, Pilates and Yoga all rolled into one. You will tone and lengthen your muscles, improve posture and feel refreshed and relaxed. *(Please note: This class needs to be done bare footed)*

**BodyCombat/BodyCombat Express** — This is the empowering group fitness cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, and boxing.

**BodyPump/BodyPump Express** — Body Pump is a high – energy full body, weights to music class. The low weights high repetitions will help you to burn fat and tone all of your muscles.

**Cardio & Core** — A circuit class based on with a mix of Cardio and Core exercises — the core is the muscles of the trunk, that assist in the maintenance of good posture and provide the foundation for all arm and leg movements.

**Circuits** — A circuit session guaranteed to challenge your whole body. Improve your strength and stamina whilst burning those calories.

**CXWORX** — Is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and 'sling' connecting the upper and lower body.

**Cycle Fit** — This high-energy fitness class on bikes is for all levels. Ride the rhythm & burn the calories.

**DanceFit** - A fun filled weekly class with Dance elements.

**Fitsteps** — Is a mix of the graceful steps of Ballroom and the up tempo steps of the Latin dances which creates a really fun, energetic and effective way to stay fit and keep trim that appeals to everyone, even if you can't dance.

**Hatha Yoga** — a slow moving and mindful approach to yoga, to stretch and relax the body.

**Kettlebells** — A weight consisting of a cast iron ball with a single handle for gripping the weight during exercise. Kettlebell workouts engage multiple muscle groups at once. This is an advanced/intermediate class and if you have not attended Kettlebells before, please book an hour training with instructor to be taught swings and technique. *(Please note: This class will not operate if Instructor is unavailable)*

**Pilates for Everyone** — The complete exercise method for improved posture, muscle flexibility and joint mobility, a rock-solid core and a sculpted & toned body. Pilates will also help you heal, strengthen and relax.

**Relaxation & Meditation** — Relaxation techniques such as deep breathing, meditation and yoga. This reduces everyday stress and boosts your energy and mood.

**RPM** — Is a high energy cycling cardio workout that delivers maximum results with minimum impact on the joints. You control you own resistance and speed so you can build your training level over time. *(Please note: the music level is high in this class)*

**Small Group Personal Training** — A smaller circuit based class to ensure proper technique, whilst having a challenging workout.

**SOSA (Solo Salsa)** — Learn the moves, dance the moves. SOSA is completely unique with elements of latin, ballroom salsa and numerous international dance styles to create one fantastic fusion of dance fitness! Specifically choreographed to be low impact providing a safe and effective exercise programme suitable for all shapes sizes ages and abilities. Dance yourself happy!

**SPRINT** — is not your usual cycle class. It's a quick and hard style of training - short bursts of intensity followed by short periods of active recovery - that will give you fast results with minimal impact on your joints. The payoff is that you will keep burning calories for hours after a good workout.

**Step** — This is a high energy step class with fun combinations to uplifting music followed by toning exercises. This class will boost your cardiovascular fitness and burn calories. This class is for intermediate/advance participants.

**WaterWorks** — Provides a new concept 45-minute aqua class to appeal to all shapes and sizes. All our instructors are fully trained and supported; ensuring that Water Works is FUN and WORKS!

**Whole Body Workout** — Exercises involved will help to maintain bone density, as well as strengthen and tone your whole body!

**Zumba** — Is like no other workout you will ever experience! It is a dance-based fitness class with infectious music, easy-to-follow dance moves and body-beautifying benefits.

**Classes are suitable for 16 years and over, for all fitness levels and abilities (unless stated)**



project  
**YOGA**

## JULY STUDIO TIMETABLE



**BOOK NOW: 01579 352003**

**(Classes can be booked 7 days in advance only)**

**Due to high demand those individuals arriving late for the class may have their space given to those on the waiting list.**

**CLASSES WITH OCCUPANCY BELOW 25% WILL BE CANCELLED THE DAY BEFORE**

### STUDIO INDUCTION

For more information on any of the classes, please make an appointment with:  
Diane Watson at the Health Club Desk.





**MONDAY**

ON ALL CIRCUIT AND BODY PUMP CLASSES PLEASE ARRIVE EARLY TO ALLOW EQUIPMENT SET UP TIME

**THURSDAY**

09.15-09.55 Cycle Fit  
09.20-09.50 CXWORX  
10.00-10.55 Aerotone  
10.00-10.45 Aquarobics  
11.00-12.00 BodyBalance  
13.15-14.15 Pilates for Everyone  
18.15-19.15 Circuits  
19.30-20.30 Body Pump

Tony  
Diane  
Diane  
Hayley  
Diane  
Sarah Kirby  
Diane  
Diane

Sarah Miles  
Steve  
Susie  
Sarah Miles  
Susie  
**Sarah Miles\*\***  
Kat  
Sarah Kirby  
Kirsty  
Kirsty

Fitsteps & Zumba Toning  
Cycle Fit  
Step (Intermediate/Adv)  
Waterworks  
BodyPump Express  
**\*\*Yoga\*\***  
Dance Fit  
Pilates  
Ab Blast  
BodyCombat Express

09.15-10.30  
09.30-10.30  
10.35-11.25  
11.00-11.45  
11.30-12.20  
**12.30-13.30**  
13.35-14.35  
17.30-18.30  
19.00-19.30  
19.30-20.15

**TUESDAY**

07.00-07.45 Studio HIIT Circuit  
09.30-10.30 Whole Body Workout  
09.30-10.20 RPM  
10.45-11.45 Cardio & Core  
11.00-11.45 WaterWorks  
12.15 -13.00 Zumba  
13.15-14.15 Pilates (Body Conditioning)  
17.55-18.25 SPRINT  
18.30-19.00 Ab Attack  
18.35-19.20 RPM  
19.05-20.05 BodyPump

Christian  
Sarah Miles  
Diane  
Diane  
Sarah Miles  
Christian  
Sarah Kirby  
Ivor  
Diane  
Ivor  
Diane



Sarah Miles  
Tony  
Steve  
Sarah Miles  
Diane  
**Sarah Miles\*\***  
Diane  
Diane  
Ivor  
Andy C  
**Sarah Miles\*\***

Whole Body Workout  
Cycle Fit  
Kettlebells  
BodyBalance  
WaterWorks  
**\*\*Yoga\*\***  
SPRINT  
Small Group PT  
RPM  
Circuit (Weight Only)  
**\*\*Yoga\*\***

**FRIDAY**

09.30-10.30  
09.30-10.15  
10.30-11.40  
10.45-11.45  
11.00-11.45  
**12.00-13.00**  
12.15-12.45  
13.15-14.15  
18.00-18.45  
18.15-19.00  
**19.30-20.30**

**WEDNESDAY**

09.00-09.45 Cycle Fit  
09.10-09.40 CXWORX  
09.50-10.50 BodyPump  
11.00-11.45 WaterWorks  
11.00-12.00 Zumba  
12.15-13.00 Yoga-Hatha Flow  
13.00-13.30 Relaxation & Meditation  
**17.45-18.15 SPRINT**  
18.25-19.15 RPM  
19.20-19.50 CXWORX  
19.30-20.30 Power Hour Kettlebells  
19.50-20.50 BodyBalance

Tony  
Diane  
Susie  
Diane  
Susie  
Diane  
Diane  
**Ivor**  
Ivor  
Christian  
Steve  
Christian

Diane  
Diane  
  
Ivor  
Sarah Briggs  
Ivor  
Sarah Briggs  
Lee  
Lee

Circuits  
BodyBalance

**SATURDAY**

09.30-10.30  
10.40-11.40

**SUNDAY**

09.00-09.45 RPM  
09.30-10.30 SOSA  
09.55-10.25 SPRINT  
10.40-11.40 Pilates  
17.00-17.45 BodyCombat Express  
17.50-18.20 CXWORX