

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.

BodyBalance/BodyBalance Express — Body Balance is a combination of Tai Chi, Pilates and Yoga rolled into one. *(Please note: This class needs to be done bare footed)*

Body Attack/BodyAttack Express — BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. Challenging your limits in a good way, burning calories and leaving you with a sense of achievement

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.

Freestyle Fitness Yoga — Yoga Flow Class to strengthen, stretch and relax the body.

Fitness Pilates — Fitness Pilates focuses on strengthening the centre by relearning the mind and body to recruit core muscles.

Hatha Yoga — A gentle, slow class for beginners or students that prefer a relaxed style of Yoga.

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 - 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 your own resistance and speed so you can build your training level over time.

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.

Stability Ball Conditioning — learn how to engage your pelvic floor muscles and condition your core.

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,



project
YOGA

OCTOBER 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 30%
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	Tony
09.20-09.50	CXWORX	Diane
10.00-10.55	Aerotone	Diane
10.00-10.45	Aquarobics	Hayley
11.00-12.00	BodyBalance	Diane
12.10-13.10	Body Attack	Clair
13.15-14.15	Hatha Yoga	Diane
18.15-19.15	Circuits	Diane
19.30-20.30	Body Pump	Diane

TUESDAY

07.00-07.45	Studio HIIT Circuit	Christian
09.30-10.30	Whole Body Workout	Sarah Miles
09.30-10.20	RPM	Diane
10.45-11.45	Cardio & Core	Diane
11.00-11.45	WaterWorks	Sarah Miles
12.15 -13.00	Stability Ball Conditioning	Christian
13.00-14.00	Fitness Pilates	Christian
15.45-16.15	**Zumba Kids (4-6)**	**Liz**
16.30-17.15	**Zumba Kids (7-11)**	**Liz**
17.55-18.25	SPRINT	Ivor
18.30-19.00	Ab Attack	Diane
18.35-19.20	RPM	Ivor
19.05-19.50	BodyPump Express	Diane
19.55-20.40	BodyBalance Express (flexibility)	Agata

TUESDAYS

KIDS ZUMBA

Please contact
Liz on:
Lizlazenbury
@gmail.com



THURSDAYS

#Savage Squad
16.00 - 17.00

ONLY
£2 per session !

Fitness Fun
for Girls !
(12-15 yrs)

Sarah Miles
Steve
Susie
Sarah Miles
Susie
****Sarah Miles****
Kat
****Kat Savage****
Kirsty
Kirsty

Sarah Miles
Tony/Samantha
Steve
Sarah Miles
Diane
Sarah Miles**
Diane
Diane
Ivor
Andy C
Sarah Miles**

Diane
Diane

Ivor
Sarah Briggs
Ivor
Sarah Briggs
Lee Compton

Fitsteps & Zumba Toning 09.15-10.30
Cycle Fit 09.30-10.30
Step (Intermediate/Adv) 10.35-11.25
Waterworks 11.00-11.45
BodyPump Express 11.30-12.20
****Yoga** 12.30-13.30**
Dance Fit 13.35-14.35
****#SavageSquad (Girls Fitness 12-15)** 16.00-17.00**
Ab Blast 19.00-19.30
BodyAttack Express 19.30-20.15

FRIDAY

Whole Body Workout 09.30-10.30
Cycle Fit 09.30-10.15
Kettlebells 10.30-11.40
BodyBalance 10.45-11.45
WaterWorks 11.00-11.45
****Yoga** 12.00-13.00**
SPRINT 12.15-12.50
Small Group PT 13.15-14.15
RPM 18.00-18.45
Circuits 18.15-19.15
****Yoga** 19.30-20.30**

WEDNESDAY

09.00-09.45	Cycle Fit	Tony
09.10-09.40	CXWORX	Diane
09.50-10.50	BodyPump	Susie
11.00-11.45	WaterWorks	Diane
11.00-12.00	Zumba	Susie
12.15-13.00	Yoga-Freestyle Fitness Yoga	Diane
13.00-13.30	Relaxation & Meditation	Diane
17.45-18.15	SPRINT	Ivor
18.25-19.15	RPM	Ivor
18.25-19.10	BodyAttack Express	Agata
19.15-19.45	CXWORX	Christian
19.30-20.30	Power Hour Kettlebells	Steve
19.45-20.45	BodyBalance	Christian

SATURDAY

Circuits 09.30-10.30
BodyBalance 10.40-11.40

SUNDAY

RPM 09.00-09.45
SOSA 09.30-10.30
SPRINT 09.55-10.25
Pilates 10.40-11.40
BodyPump 17.30-18.30