

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.

Aqua Aerobics — This aqua class focuses on aerobic endurance and resistance training.

Aqua Zumba - It combines the traditional elements of aqua fitness classes with the upbeat Latin infused dance moves and Zumba fitness.

Barre — a ballet inspired workout designed to shape and tone the muscles, build core strength, and allow you to escape the everyday. A beautiful burn.

Body Balance/Body Balance 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/Body Attack Express — Body Attack 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

Body Pump/Body Pump 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.

Boot Camp — a challenging outdoor full body workout using a variety of unusual fitness equipment. This class is for advanced/intermediate participants. (STARTING SOON!!)

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.

Dance Fit - 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.

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 you 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.

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 Body Workout — An all over body workout using the Stability Ball to strengthen the body.

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.



project
YOGA

JANUARY STUDIO TIMETABLE



BOOK NOW: 01579 352003 or ONLINE

Classes can be booked 7 days in advance from **0730**

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



SUPER SATURDAY- 12th & 19th January—See Separate Sheet for details !! (Coming soon!)

MONDAY

09.15-09.55	Cycle Fit
09.20-09.50	CXWORX
10.00-10.55	Aerotone
10.00-10.45	Aqua Aerobics
11.00-12.00	Body Balance
13.15-14.15	Hatha Yoga
18.15-19.15	Circuits
19.30-20.30	Body Pump

Tony
Diane
Diane
Hayley
Diane
Diane
Diane
Diane

TUESDAYS

KIDS ZUMBA
(Starts 08th Jan)
Please contact
Liz on:
Lizlazenbury
@gmail.com

Sarah Miles
Hayley
Steve
Susie
Sarah Miles
Susie
Sarah Miles
Anna/Kat
Ivor
Ivor
Claire
Claire
Claire

Fitsteps & Zumba Toning	09.15-10.30
Aqua Zumba	09.45-10.30
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
DanceFit	13.35-14.35
SPRINT	18.00-18.30
RPM	18.35-19.20
Barre	18.40-19.25
Body Attack	19.30-20.15
Body Balance Express	20.20-21.05

THURSDAY

TUESDAY

(NO CLASSES - 1ST JAN)

06.30-07.30	Circuits
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	Stability Ball Conditioning
13.10-13.55	Fitness Pilates
15.45 -16.45	**Zumba Kids (4-11)*
17.55-18.25	SPRINT
18.30-19.00	Ab Attack
18.35-19.20	RPM
19.05-19.50	BodyPump Express
19.55-20.40	BodyBalance Express

Steve (Starts 8th)
Sarah Miles
Diane
Tony
Sarah Miles
Christian
Christian
Liz
Ivor
Diane
Ivor
Diane
Diane



**

My Kind of Yoga

Thurs 12.30-13.30
Fri 12.00-13.00
19.30-20.30

Contact
e mail
smstagnes@aol.com
OR
call 07850 646207

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

Whole Body Workout	09.30-10.30
Cycle Fit	09.30-10.15
Aqua Aerobics	10.30-11.15
Kettlebells	10.30-11.40
Body Balance	10.45-11.45
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

FRIDAY

WEDNESDAY

09.00-09.45	Cycle Fit
09.10-09.40	CXWORX
09.50-10.50	BodyPump
11.00-12.00	Barre
11.45-12.30	Aqua Aerobics
12.15-13.00	Yoga-Fitness Yoga
13.00-13.30	Relaxation & Meditation
18.25-19.10	BodyAttack Express
19.15-19.45	CXWORX
19.00-20.00	Power Hour Kettlebells
19.45-20.45	Body Balance

Tony
Diane
Susie
Susie
Hayley
Diane
Diane
Agata
Christian
Steve
Christian

Diane
Diane

Ivor
Christian
Ivor
Christian
Lee Compton

SUPER SATURDAY
12TH & 19TH JAN !!
Circuits(Not 12th/19th)
Body Balance(Not 12/19th)

SATURDAY

09.30-10.30
10.40-11.40

SUNDAY

RPM	09.00-09.45
Zumba	10.30-11.15
SPRINT	09.55-10.25
Pilates	11.15 -12.00
BodyPump	17.30-18.30