

# Class timetable July -Sept 2011

## Class descriptions

Body Attack	A cardiovascular interval training programme that combines high intensity aerobics, strength and stabilisation exercises, a highly motivated class.
Body Balance	A dynamic combination of Yoga, Pilates and Tai Chi designed to improve muscular strength, flexibility and mobility. Body balance invigorates and tones your body whilst releasing tension and promoting relaxation.
Body Combat	A high-intensity total-body workout combining moves and stances taken from a wide range of self-defence disciplines - it will have you fighting fit in no time! (A technique session must be completed prior to attending a Body Combat class).
Body Pump	A non-impact resistance training programme utilising barbells and adjustable weights. (A technique session must be completed prior to attending a Body Pump class).
Boxercise	Combines the circuit format with boxing training moves to give you a fantastic total body workout. This class involves some contact (pads and gloves). Bring out the Rocky in you!
Calorie Killer/ Bootcamp	The clue is in the title! A circuit based class with various stations combining weights, cardio and abdominal exercises designed to give you the maximum calorie burn in one session! When the weather is looking great we will head outside for a breath of fresh air!
Core & More	Strengthen the core muscles and mobilise the spine, which will help keep the back pain free! (May not be suitable for those with existing back problems - please speak to the instructor if in doubt).
LBT	A basic aerobic warm-up followed by plenty of exercises that will help you strengthen and shape those problem areas, legs, bums and Tums.
Pilates	Designed to improve body awareness focusing on co-ordination, alignment and posture. It aims to strengthen and lengthen the muscles and addresses any muscle imbalances, while releasing unnecessary tension and improving concentration.
Spin 30	In a rush, a 30 minute blast on the spin bike, a shower and you're done!! (A cycle based class for all abilities.)
Spin 45	A cycle-based class for all abilities incorporating varying intensities to improve your cardiovascular fitness and to give you the ultimate cardio workout
Spin 60	45 Minutes not enough for you!? Then get yourself on to Spin 60, those extra 15 minutes can make all the difference!!
Spin +	Spinning with a little extra added on! Your favourite class combined with a circuit style workout added on working all the major muscle groups.
Run Club	Get fitter, get faster, get yourself booked on to this and see your running time improved!
Power Walking	A great way to burn off some calories for those of you who do not like to run. Led by one of the instructors a great way to get away from your desk and enjoy some fresh air, all levels welcome.
Zumba	A Latin inspired fitness class Zumba combines fitness and fun, using almost every muscle in the body as you shimmy shake and stomp your way fit.

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## Studio One

	Mon	Tue	Wed	Thurs	Fri
Morning		Body Pump 7.00-8.00		Body Balance 7.15-8.00	
Lunchtime	Boot camp/ Calorie Killer 12.00-13.00	Body Combat 12.00-13.00	LBT 12.00-12.45	Boxercise 12.00- 12.45	Body Pump 12.00-13.00
	Core & More * 12.30-12.45 13.00-13.15	Run Club 12.30-13.30	Core & More* 12.30-12.45 13.00-13.15	Power Walking 12.15- 13.15	Core & More* 12.30-12.45 13.00-13.15
	Body Pump 13.00-14.00	Pilates 13.05-13.55	Body Balance 13.00- 14.00	Body Attack 13.00- 14.00	Zumba 13.05-14.00
Afternoon		Pregnancy Pilates** 14.00-15.00			
Evening	Body Balance 17.30-18.30		Boxercise 17.30- 18.15	Body Pump 17.30- 18.30	

## Studio Two - Spin

	Mon	Tue	Wed	Thurs	Fri
Morning	Spin 45 7.15 - 8.00		Spin 60 7.00 - 8.00		Spin 45 7.15 - 8.00
Lunchtime	Spin 30 12.30- 13.00	Spin 60 12.00 - 13.00	Spin 30 12.00 - 12.30		Spin 30 12.30- 13.00
			Spin 30 12.35 - 13.05	Spin 45 13.00 - 13.45	
Evening	Spin 60 17.30- 18.30	Spin + 17.30- 18.30			Spin 45 16.30 - 17.15

\*\*Denotes chargeable class (open to Non-Members). \*Class takes place in the gym. Classes in red are class/time change.