

Fitness Classes

Day & Time	Class	Where
Monday		
12:30 - 1:15pm	Fit Ball	The Studio
5:30 - 6:30pm	Yoga	The Studio
6:00 - 6:45pm	Spinning	Cycling Studio
6:30 - 7:15pm	HIIT Attack	The Studio
Tuesday		
12:30 - 1:15pm	Spinning	Cycling Studio
5:30 - 6:15pm	Functional Circuits	The Studio
6:30 - 7:15pm	Boxercise®	Boxing Suite
6:30 - 7:15pm	Legs, Bums & Tums	The Studio
6:45 - 7:30pm	Spinning	Cycling Studio
Wednesday		
12:30 - 1:15pm	Boxercise®	Boxing Suite
5:30 - 6:15pm	Circuits	The Studio
6:15 - 7:00pm	Spinning	Cycling Studio
6:30 - 7:15pm	Cardio Core	The Studio
7:15 - 8:00pm	Clubbercise	The Studio
Thursday		
12:30 - 1:15pm	Body Sculpt	The Studio
5:30 - 6:15pm	Fitness Pilates	The Studio
6:30 - 7:15pm	Legs, Bums & Tums	The Studio
6:30 - 7:15pm	Spinning	Cycling Studio
7:30 - 8:15pm	Boxercise	The Studio
Friday		
12:30 - 1:15pm	HIIT Attack	The Studio
5:00 - 6:00pm	Circuit Training <small>£1 Charitable Donation</small>	Sports Hall
5:00pm - 5:45pm	Kettlecise	The Studio
Saturday		
11:00 - 11:45am	Friends & Family Fitness	The Studio
1:00 - 1:45pm	Insane Workout	The Studio

All Classes are included in Gym Membership

Fitness Classes

Class Descriptions

Body Sculpt: A strength training workout that combines flexibility and cardiovascular conditioning.

Boxercise®: Fun high impact aerobic exercise circuit class, using boxing moves. Punch away the stress to a fitter you.

Cardio Core: This session concentrates on the core, improving strength and stability.

Circuits: Improve your general overall fitness with a fun workout. All abilities are welcome.

Clubbercise: This class feels more like a night out, than a workout! Fun, easy to follow dance fitness routines with high and low impact options. Great if you're just starting out or a fitness fanatic.

Fit Ball: Improve posture and balance as you work your abdominal muscles with a fit ball.

Fitness Pilates: Work towards that flatter stomach, leaner waist and stronger abdominals. This quick and effective class that focuses on targeting the muscles of your core.

Friends and Family fitness: Bring your family and friends on for a fitness workout.

Functional Circuits: Lose weight, tone & condition your body in record time with high repetition light weight training.

HIIT Attack: Most popular work out at this moment in time. High intensity work to make you sweat and burn calories.

Insane Workout: This workout is not for the light hearted, it is flat out interval training with minimal rest periods. No equipment needed, just body and motivation.

Kettlecise®: A three in one workout using kettlebells, incorporating cardio, weight and core training. Great for weight loss and toning.

Legs, Bums & Tums: This fun class focuses on legs, bums and tums and is a guaranteed workout to tone and condition those difficult areas.

Spinning: High energy studio cycling on static bikes, motivating environment with unbeatable music that begs your legs to carry on.

Yoga: Tones & strengthens the body, relieves stress & calms the mind, creating flexibility & a feeling of well being.

Pay as you go Off Peak £2 Peak £3



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