## Class Timetable 2020

### Monday
- **07:00 - 07:30** | Kettlebells | Studio 2 | 18:00 - 18:45 | Studio Cycling | Sports Hall
- **09:00 - 10:00** | Body Attack | Studio 3/4 | 18:00 - 19:00 | BandFit | Studio 2
- **09:00 - 10:00** | Fit Body | Studio 2 | 19:30 - 20:30 | Aqua Fit | Main Pool
- **10:30 - 11:30** | Body Pump | Studio 2 | 19:30 - 20:30 | Body Combat | Studio 3/4
- **10:15 - 11:00** | Legs Bums Tums | Studio 3/4

### Tuesday
- **07:00 - 07:30** | HIIT | Studio 2 | 18:00 - 19:00 | Body Pump | Studio 2
- **09:00 - 09:45** | Studio Cycling | Sports Hall | 19:30 - 20:30 | Body Combat | Studio 3/4
- **10:00 - 11:00** | New Body | Studio 3/4 | 19:30 - 20:30 | Zumba | Sports Hall
- **10:30 - 11:30** | Body Pump | Studio 2 | 19:00 - 20:00 | BandFit | Studio 2
- **18:00 - 18:30** | GRIT Cardio | Studio 3/4

### Wednesday
- **07:00 - 07:45** | Studio Cycling | Sports Hall | 18:15 - 19:00 | Studio Cycling | Sports Hall
- **09:00 - 10:00** | Body Combat | Studio 3/4 | 18:30 - 19:30 | Body Attack | Studio 3/4
- **10:00 - 11:30** | Body Pump | Studio 2 | 19:00 - 20:00 | BandFit | Studio 2
- **17:30 - 18:00** | AB HIIT | Studio 3/4 | 19:30 - 20:30 | BOUNCE | Studio 2
- **18:00 - 18:30** | HIIT | Studio 2

### Thursday
- **07:00 - 07:30** | HIIT | Studio 2 | 18:00 - 19:00 | Body Combat | Studio 3/4
- **09:00 - 09:45** | Studio Cycling | Sports Hall | 18:00 - 19:00 | Zumba | Sports Hall
- **09:00 - 10:00** | Aqua Fit | Main Pool | 18:15 - 19:15 | Body Pump | Studio 2
- **10:15 - 11:15** | Step and Tone | Studio 2 | 19:30 - 20:30 | Body Attack | Studio 3/4
- **11:30 - 12:30** | Bars, Weights & Plates | Studio 2 | 19:30 - 20:30 | BOUNCE | Studio 2

### Friday
- **07:00 - 07:45** | Studio Cycling | Sports Hall | 18:00 - 19:00 | Body Pump | Studio 2
- **09:00 - 10:00** | Body Attack | Studio 3/4 | 18:00 - 18:30 | HIIT | Studio 3/4
- **10:30 - 11:30** | Body Pump | Studio 2 | 18:45 - 19:15 | AB HIIT | Studio 3/4
- **17:30 - 18:15** | Studio Cycling | Sports Hall | 19:30 - 20:30 | Body Combat | Studio 3/4

### Saturday
- **08:30 - 09:00** | HIIT | Studio 2
- **08:30 - 09:15** | Studio Cycling | Sports Hall
- **09:30 - 10:30** | Body Pump | Studio 2

### Sunday
- **09:00 - 10:00** | Studio Cycling | Sports Hall
- **10:30 - 11:30** | BOUNCE | Studio 2
- **12:00 - 13:00** | Body Combat | Studio 3/4

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Class bookings require two hours cancellation notice. After that time we’ll be unable to refund any fees and members will be charged for the space. Late entry is not permitted due to class disruption.
Class Descriptions

**AB HIIT:** A 30 minute High Intensity Interval Training set focussing on core strength exercises.

**Aquafit:** Water based aerobics class designed to increase overall fitness and tone, a popular class that’s gentle on the joints but increases heart rate in a fun atmosphere.

**Bandfit:** A dynamic all-body workout using resistance bands. Due to the bands elasticity your muscles are forced to work throughout the rep range and engage your body’s stabiliser muscles increasing your core strength.

**Body Attack:** A high energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

**Body Balance:** yoga-based class that will improve your mind, your body and your life. During BODYBALANCE an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

**Body Combat:** Your license to punch and kick your way to results! This class is based on martial arts fitness moves including blocks, strikes, kicks and punches to motivating music which gives you a fat fighting, calorie burning cardio workout which will also help you to de-stress.

**Body Pump:** The original barbell class, simple, safe and effective resistance training exercise taken from the gym environment. Exercises are set to powerful, motivating music in a group fitness environment providing a standardized memorable and results orientated workout.

**Bootcamp:** Bootcamp is a circuit based training session encompassing a variety of cardio and resistance exercises to provide a demanding full body workout.

**Booty Barre:** Booty Barre is a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. Booty Barre is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre.

**Booty Barre, Flex and Flow:** Bootybarre is a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. bootybarre is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre.

**BOUNCE:** 45 mins of choreographed dance-cardio jumping routines, finishing with 15 minutes of toning. Sessions are programmed to achieve rapid weight loss by burning 700 calories per class.

**BOX:** BOX is a new fitness experience devised by England Boxing coaches who have worked with the best boxers in the country. Classes incorporate many different elements of boxing training, such as partner pad-work, skipping, punch bags and shadow boxing, ensuring participants get a great overall cardiovascular workout; developing core strength, co-ordination and fitness.

**Disco Spin:** A non impact high intensity cardio workout suitable for all due to you being in control of your own resistance/level. High energy music and disco lights to get your heart rate racing!

**FitSteps:** This is an energetic upbeat dance class designed to achieve real measurable fitness results.

**Fit Steps FAB:** This is an energetic dance class designed to achieve real measureable fitness results.

**Fit for Life:** Low impact aerobic and toning exercises to suit the more mature customer.

**Fit for Life Stretch:** Balance and core conditioning using the principles of yoga and Pilates - use weight bearing exercises for toning and good bone health, to suit the more mature customer.

**GRIT Athletic:** A 30 minute High-Intensity Interval Training workout, designed to improve strength and build lean muscle.

**GRIT Cardio:** A 30 minute High-Intensity Interval Training workout that improves cardiovascular fitness, increases speed and maximises calorie burn.

**GRIT Strength:** A 30 minute High-Intensity Interval Training workout, designed to improve strength and build lean muscle.

**HIIT:** A 30 minute High Intensity Interval Training set designed to give an effective whole body workout.
through using short bursts of exercise.

**Kettlebells:** A strength and conditioning class incorporating Kettle Bells to make you feel muscles you’ve not used in years, a great new way of weight training!

**Kickboxercise:** Our Kickboxercise classes are a fun and energetic way to exercise! This non-contact class derives from the hugely popular sport of kickboxing, but with music and instructors for added motivation! You’ll get a full body workout, increasing your stamina and toning.

**Legs, Bums and Tums:** This class focuses on technique and toning, targeting specific problem areas by using an effective aerobic and muscle toning workout. Shape up and burn fat at the same time!

**New Body:** An aerobic old school workout with easy to follow choreography with the sounds of the 80s. A fun energetic class suitable for all levels of fitness.

**Pilates:** Pilates focuses on building your body's core strength and improving your posture through a series of low repetition low impact stretching and conditioning exercises.

**Step Aerobics:** An aerobic workout using the step with easy to follow choreography guaranteed to get your heart pumping suitable for all levels of fitness.

**SOSA Dance:** SOSA is completely unique, combining Latin, Salsa, Ballroom and numerous international dance styles to create one fantastic fusion of dance fitness!

**Step and Tone:** An easy to follow cardio and toning workout using a step. Incorporating body conditioning exercises to burn calories, strengthen and tone muscles in the entire body. These specific exercises are designed to burn fat and tone, targeting areas such as thighs, tummy, bum and arms.

**Studio Cycling:** A non impact high intensity cardio workout suitable for all due to you being in control of your own resistance/level. High energy music to get your heart rate racing!

**Strong60:** Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

**Squats & Tots:** No need to find a babysitter, exercise together with your baby or toddler in this fun, low impact workout. Suitable for adults with children aged 0-4. Buggies, car seats, slings and free range children all welcome.

**Tai Chi:** Combines deep breathing and relaxation with flowing movements. Tai Chi is now practised around the world as a health-promoting exercise.

**Yoga:** Yoga is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind.

**Yoga Sculpt:** Yoga sculpt strengthens, balances and exhilarates the body and mind. Light weights are used for a full body lift. Plyometrics are part of the practice. This class is a balance of both strength and conditioning.

**Yogalates:** A mixture of yoga and Pilates exercises in one class. Strengthening the core muscles, improves posture and flexibility.

**Zumba:** A dance-based fitness class that uses a fusion of Latin and international rhythms with easy to follow moves. It includes both cardio and resistance training components designed to tone and sculpt the entire body.