

# Class timetable



From November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
17:30 - 18:00 <b>Body Blitz Core</b> Dan/Tim	17:45 - 18:15 <b>Body Blitz Upper</b> Dan	17:30 - 18:00 <b>Legs, Bums &amp; Tums</b> Dan	17:45 - 18:30 <b>Fat Burn</b> Tim
18:00 - 18:45 <b>Spin</b> Charmain	18:15 - 19:00 <b>Easy Ridin'</b>	17:45 - 18:45 <b>Yoga</b> Kate - New Studio	18:30 - 18:50 <b>Abs Attack</b> Tim
18:10 - 18:40 <b>Fat Burn</b> Tim/Dan	19:00 - 20:00 <b>Strength and Tone</b> Dan	18:15 - 19:00 <b>Spin</b> Heather	18:30 - 19:15 <b>Spin</b> Laura
18:45 - 19:45 <b>Zumba Toning</b> Emma	20:00 - 21:00 <b>Pilates</b> Matt - New Studio	19:00 - 20:00 <b>Body Sculpt</b> Heather	19:15 - 20:00 <b>Fight Klub</b> Laura
19:15 - 20:15 <b>Yoga</b> Rashma - New Studio	20:00 - 20:30 <b>Body Blitz</b> Dan/Tim	20:00 - 20:30 <b>Legs, Bums &amp; Tums</b> Dan	20:00 - 21:00 <b>Pilates</b> Laura
20:00 - 20:30 <b>Body Blitz</b> Dan/Tim		20:00 - 21:00 <b>Pilates</b> Matt - New Studio	
FRIDAY	SATURDAY	SUNDAY	
17:45 - 18:45 <b>Pilates</b> Lorraine	09:00 - 10:00 <b>Bootcamp</b> Adam	09:00 - 09:45 <b>Easy Ridin'</b>	
18:00 - 18:30 <b>Fat Burn</b> Dan/Tim	09:00 - 10:15 <b>Yoga</b> Rashma	10:15 - 11:00 <b>Fat Burn</b> Dan/Tim	
18:30 - 18:50 <b>Abs Attack</b> Dan/Tim	10:30 - 11:30 <b>Zumba</b> Emma	11:00 - 11:45 <b>Easy Ridin'</b>	
18:45 - 19:45 <b>Spin</b> Lorraine	11:30 - 11:50 <b>Abs Attack</b> Dan/Tim		
	12:00 - 13:00 <b>Easy Ridin'</b>		



\*For hygiene purposes, please could members bring their own mats. Please also bring a bottle of water and a warm top for relaxation. Please advise your instructor if you are new to group exercise or of any medical conditions that may affect your ability to exercise.

# Class descriptions



## Abs Attack

Attack those abs and crunch away for 30 minutes with our core specific workout.

## Body Blitz

A fun energetic functional training session that's designed to push you as far as you'll go. Using our well-equipped functional training area, you will use a variety of equipment and exercises to hit all areas.

## Body Sculpt

Squat, press and curl your way to a better looking body in no time! This high energy class provides plenty of fun but intense exercise aiming to help drop those pounds and reshape that figure.

## Easy Ridin'

Our virtual Ride class will give you a different kind of workout that requires more focus. A Virtual spin class. Ask at reception for more details.

## Fat Burn

Another of aspire2fitness' staple classes, Fat Burn aims to keep the intensity high and the rest breaks low to quite literally burn the fat away.

## Fight Klub

Fight Klub uses a mixture of punches, kicks and pad work delivered to high intensity music. This kind of work out is made for you to have fun and build a sweat!

## Pilates

Our Pilates classes will allow you to build strength, increase flexibility, develop control and improve posture all while using non-impact exercises. Why not take this up a notch by trying our advanced Pilates, Pilates+, which helps you focus even more on your development.

Classes correct at time of print. Classes may be subject to change. For up-to-date class information, please call the fitness team.

## Legs, Bums and Tums

Hit all the body parts you desire with our new 30 minute legs, bums & tums class. A variety of exercises will ensure you only focus on what matters.

## Spin

Hop on to one of our 20 spin bikes and blast those legs. This high intensity class is tailored around you with varied routines, you'll be sure to leave this class feeling like you've completed a high-quality workout.

## Strength and Tone

A strength-based class taught in a series of back to back exercises designed to hit every muscle possible. Small rest breaks and long-lasting exercise will leave your muscles aching! This made for you to have fun and build a sweat!

## Yoga

Our yoga classes, Hatha Flow and Vinyasa, are both designed to leave you feeling calmer, looser, longer and more relaxed.

## Zumba

Try our total body, 60-minute dance-based workout that incorporates high energy music allowing you to have fun and work hard.

## Zumba Toning

Just like traditional Zumba but with a twist. Use the specialist Zumba toning sticks to help add that extra definition to your already great workout. If you love Zumba then you will love this!



To book call: 01442 872083 or online: [aspire2fitness.com](http://aspire2fitness.com)

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