

Class timetable

From April 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
17:30 - 18:00 Body Blitz Core Alex/Dan	18:00 - 18:30 Body Blitz Upper Alex/Dan	17:30 - 18:15 Express Pilates* Matt	17:30 - 18:30 MetCon Paul
18:00 - 18:45 Spin Issy	18:30 - 19:00 #NoRest Alex	17:45 - 18:15 Body Blitz Lower Dan	18:30 - 19:00 Abs Attack Paul
18:45 - 19:30 Cardio Blast Issy	19:00 - 19:55 Trim down, Tone up Dan	18:15 - 19:00 Spin Rachael	18:45 - 19:30 Spin Lorraine
19:35 - 20:35 Hatha Flow* Rashma	19:30 - 20:00 Easy Ridin'	19:00 - 19:55 Body Sculpt Rachael	19:30 - 20:00 Body Blitz Cardio Alex/Dan
20:30 - 21:15 Easy Ridin'	20:00 - 21:00 Pilates* Matt	20:00 - 20:30 Firm Assets Rachael	19:35 - 20:35 Pilates+* Lorraine
		20:00 - 21:15 Vinyasa* Leigh	20:15 - 21:00 Easy Ridin'

FRIDAY	SATURDAY	SUNDAY
17:45 - 18:40 Spin Lorraine	09:00 - 10:15 Hatha Flow* Rashma	09:00 - 09:45 Easy Ridin'
18:45 - 19:45 Pilates+* Lorraine	10:30 - 11:30 Zumba Emma	10:30 - 12:00 Pilates* Matt
19:45 - 20:30 Easy Ridin'	15:00 - 16:00 Easy Ridin'	15:45 - 16:30 Easy Ridin'



*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.

Classes correct at time of print. Classes may be subject to change.

For up-to-date class information, please call the fitness team on 01442 872083.

To book call: **01442 872083** or online: aspire2fitness.com

Class descriptions



#NoRest

Created by us, for you. Our #NoRest class delivers 100% of the time. Can you go the distance?

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 60-minutes of fun but intense exercise aiming to help drop those pounds and reshape that figure.

Cardio Blast

A beginner's guide to high intensity cardio sessions designed to make you sweat!

Firm Assets

Get ready to lift, squeeze and burn your way through this glute specific 30-minute workout.

MetCon

Challenge yourself in this 60-minute sweat fest. Boost your **Metabolism** and improve your **Conditioning**. Great for those looking to burn loads of calories!

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.

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.

Trim Down, Tone Up

Train like you've never trained before! Series of back to back, high intensity exercises that will leave you feeling lighter and tighter!

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.

Yoga

Our yoga classes, Hatha Flow & 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.

