

Class timetable

From September 2017



MONDAY	TUESDAY	WEDNESDAY
17:45 - 18:30 Spin* Issy		17:45 - 18:45 Pilates* Matt
18:45 - 19:45 Circuits Issy		19:15 - 20:00 HIIT Circuits Leigh
	20:00 - 21:00 Pilates Matt	20:00 - 21:00 Vinyasa Yoga* Leigh
THURSDAY	FRIDAY	SATURDAY
17:30 - 18:30 Body Pump Rachael		09:00 - 10:30 Hatha Yoga* Rashma
18:30 - 19:00 Abs Blast Rachael	17:45 - 18:30 Spin Lorraine	10:30 - 11:15 Spin Lorraine
19:30 - 20:15 Spin Lorraine	19:00 - 20:00 Pilates* Lorraine	10:45 - 11:45 Body Pump Rachael/Beth
20:30 - 21:30 Hatha Flow Yoga* Rashma		

*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



BODY PUMP

This class will sculpt, tone and strengthen your entire body, and quickly using a combination of weight training and aerobics, and focuses on low-weight loads and high-repetition movements to help burn fat, increase strength and improve muscle conditioning.

CIRCUITS

In this circuits class you'll be put through a variety of exercises to challenge different muscle groups. You'll work hard and test both your cardio and strength for an all-round challenge!

HATHA FLOW YOGA

A dynamic yoga class in which the asanas (postures) are linked together in a series of movements that are synchronised with the breath.

The continual movement from one pose to another gives you a cardiovascular workout as well as increasing muscle strength, endurance and flexibility.

The class ends with a quiet relaxation to still the body and quieten the mind leaving you feeling calm yet energised.

HATHA YOGA

A relaxing class suitable for all levels where yoga postures (asanas) and breathing (pranayama) are used to create a link between the body and the mind in preparation for a guided meditation at the end of the class.

Focusing on correct alignment while holding poses for longer builds flexibility and strength, opening the body as well as helping to develop a sense of calm.

Whilst you might not work up a sweat, you will certainly leave this class feeling longer, looser, and more relaxed.

ABS BLAST

An 'Ab fab' class where you will really feel the burn and strengthen your core by using high-intensity interval training techniques with intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

HIIT CIRCUITS

High-intensity, short-duration circuit training is a type of metabolic training that breaks the mould of traditional group exercise. Circuits consist of three to five exercises that challenge major upper or lower-body muscle groups, as well as a cardiovascular interval for a complete workout.

PILATES

Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement.

SPIN

We have 20 dedicated spin bikes. Indoor cycling provides a fun and challenging cardiovascular workout for all ages and fitness levels. Experience a full ride of hills, sprints and endurance intervals with energising music and motivational instruction.

VINYASA YOGA

For energy and health. A slower paced class with a fusion of many forms of yoga. The light and spiritual approach makes these classes interesting and challenging with each session different and focused on the needs of the participants.

