

Class timetable

From March 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
17:30 - 18:00 Body Blitz Core Dan	17:45 - 18:15 Body Blitz Upper Nathan	17:30 - 18:00 Legs, Bums & Tums Nathan	17:45 - 18:30 Fat Burn Nathan
17:45 - 18:45 Body Sculpt Heather	18:15 - 19:00 Easy Ridin'	17:45 - 18:45 Yoga Kate - New Studio	17:45 - 18:30 Pilates Laura
18:00 - 18:45 Spin Charmaine	19:00 - 20:00 Strength and Tone Dan	18:15 - 19:00 Spin Charmaine	18:30 - 19:15 Spin Laura
18:45 - 19:45 Zumba Toning Emma	20:00 - 20:30 Legs, Bums & Tums Nathan	19:00 - 20:00 Body Blaze Peter	19:15 - 20:00 Fight Klub Laura
19:00 - 20:00 Yoga Rashma - New Studio	20:00 - 21:00 Pilates Matt	20:00 - 20:30 Body Blitz Core Nathan	20:00 - 20:45 Zumba Laura
20:00 - 20:30 Body Blitz Upper Dan		20:00 - 21:00 Pilates Ryan	
FRIDAY	SATURDAY	SUNDAY	
17:45 - 18:45 Pilates Lorraine	09:00 - 10:00 Bootcamp Adam	09:00 - 09:45 Pure Power Joe	
18:00 - 18:30 Fat Burn Nathan	09:00 - 10:15 Yoga Rashma	09:00 - 09:45 Easy Ridin'	
18:45 - 19:45 Spin Lorraine	10:30 - 11:30 Zumba Emma	10:15 - 11:00 Fat Burn Nathan	
	11:30 - 11:50 Abs Attack Dan	11:00 - 11:45 Easy Ridin'	
	12:00 - 13:00 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.



Class descriptions



Abs Attack

Attack those abs and crunch away for 20 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 Blaze

A mix of exercises and teaching styles of an 80's based class whilst introducing a modern approach giving you a complete aerobic, conditioning and strength workout.

Bootcamp

Mixing functional, power-based and strength-based, you'll get a sweat on in no time!

Easy Ridin'

Our virtual Ride spin class will give you a different kind of workout that requires more focus.

Fat Burn

We keep the intensity high and the rest breaks low to quite literally burn the fat away.

Fight Klub

Using 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

This class 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.

Pure Power

A pure power and strength based class that will make you stronger, more powerful and even more explosive in all your favourite exercise movements.

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! Have fun and build a sweat!

Yoga

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

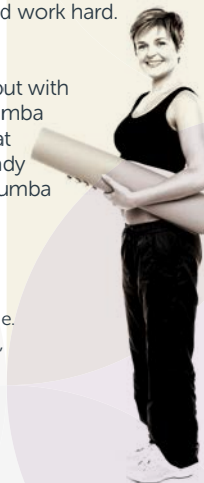
Zumba

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!

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



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

Aspire2Fitness, Chesham Road, Berkhamsted, Herts HP4 3AH

T: 01442 872083 W: aspire2fitness.com