**Class timetable**

From Feb 2020

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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</thead>
</table>
| 17:30 - 18:00 Legs, Bums & Tums  
Aspire Staff | 18:00 - 19:00 Body Sculpt  
Heather | 17:30 - 18:00 Body Blitz Core  
Aspire Staff | 17:45 - 18:30 Fat Burn  
Aspire Staff |
| 17:45 - 18:45 Spin  
Charmaine | 18:15 - 19:00 Tour de Cycle Virtual  
Aspire Staff | 17:45 - 18:45 Yoga  
Alison | 17:45 - 18:30 Pilates  
Mireille |
| 18:00 - 19:00 Yoga  
Rashma | 18:30 - 18:50 HIIT Blast  
Aspire Staff | 18:00 - 18:45 Spin  
Charmaine | 19:15 - 20:00 Running Club  
Aspire Staff |
| 18:30 - 18:50 HIIT Blast  
Aspire Staff | 19:00 - 20:00 Body Blaze  
Aspire Staff | 18:30 - 18:50 HIIT Blast  
Aspire Staff | 19:00 - 20:00 Body Blitz Core  
Aspire Staff |
| 19:30 - 20:30 Zumba Toning  
Emma | 19:15 - 20:00 Box Club  
Robin | 19:00 - 20:00 Zumba Step  
Emma | 20:00 - 21:00 Pilates  
Ryan |
| 20:00 - 20:30 Body Blitz Upper  
Aspire Staff | 20:00 - 20:30 Legs, Bums and Tums  
Aspire Staff | 20:00 - 21:00 Pilates  
Ryan | |
| 20:00 - 21:00 Pilates  
Ryan | | | |

**FRIDAY**

<table>
<thead>
<tr>
<th>SATURDAY</th>
<th>SUNDAY</th>
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| 17:45 - 18:15 Body Blitz Upper  
Aspire Staff | 09:00 - 10:15 Yoga  
Alison/Rashma |
| 17:45 - 18:45 Pilates  
Lorraine | 09:15 - 10:15 Pure Power  
Joe |
| 18:30 - 18:50 HIIT Blast  
Aspire Staff | 10:15 - 11:00 Fat Burn  
Aspire Staff |
| 19:00 - 19:45 Spin  
Lorraine | 11:00 - 11:45 Tour de Cycle Virtual |
| | 12:00 - 12:45 Bootcamp  
Aspire Staff |

**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 training, you’ll get a sweat on in no time!

**Fat Burn**

We keep the intensity high and the rest breaks low to 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!

**HIIT Blast**

According to the NHS, 75 minutes of vigorous activity is enough exercise for the week! Well we’ve given you 80! ....And that’s not even including the Fat burn!

**Zumba**

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

**Zumba Step**

Experience Zumba as you’ve never seen it before! Come and have fun, whilst working hard on an extreme total body dance-based workout to high energy music, incorporating having to go that extra mile with a step!

**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.

**Running club**

Whether you’re a complete beginner, an occasional jogger, or an experienced runner looking to challenge yourself, come for a run around the perimeter of the school grounds, both challenging, yet fun! We understand running can be a daunting challenge that’s why we’ve created this club. Let’s do it together!

**Tour de Cycle**

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

**Yoga**

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

**Zumba**

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.

Aspire2Fitness, Chesham Road, Berkhamsted, Herts HP4 3AH

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