

# Class timetable

From Feb 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
17:30 - 18:00 <b>Legs, Bums &amp; Tums</b> Aspire Staff	18:00 - 19:00 <b>Bodysculpt</b> Heather	17:30 - 18:00 <b>Body Blitz Core</b> Aspire Staff	17:45 - 18:30 <b>Fat Burn</b> Aspire Staff
17:45 - 18:45 <b>Spin</b> Charmaine	18:15 - 19:00 <b>Tour de Cycle</b> Virtual	17:45 - 18:45 <b>Yoga</b> Alison	17:45 - 18:30 <b>Pilates</b> Mireille
18:00 - 19:00 <b>Yoga</b> Rashma	18:30 - 18:50 <b>HIIT Blast</b> Aspire Staff	18:00 - 18:45 <b>Spin</b> Charmaine	19:15 - 20:00 <b>Running Club</b> Aspire Staff
18:30 - 18:50 <b>HIIT Blast</b> Aspire Staff	19:00 - 20:00 <b>Body Blaze</b> Aspire Staff	18:30 - 18:50 <b>HIIT Blast</b> Aspire Staff	
19:30 - 20:30 <b>Zumba Toning</b> Emma	19:15 - 20:00 <b>Box Club</b> Robin	19:00 - 20:00 <b>Zumba Step</b> Emma	
20:00 - 20:30 <b>Body Blitz Upper</b> Aspire Staff	20:00 - 20:30 <b>Legs, Bums and Tums</b> Aspire Staff	20:00 - 21:00 <b>Pilates</b> Ryan	
	20:00 - 21:00 <b>Pilates</b> Ryan		
FRIDAY	SATURDAY	SUNDAY	
17:45 - 18:15 <b>Body Blitz Upper</b> Aspire Staff	09:00 - 10:15 <b>Yoga</b> Alison/Rashma	09:15 - 10:15 <b>Pure Power</b> Joe	
17:45 - 18:45 <b>Pilates</b> Lorraine	10:30 - 11:30 <b>Zumba</b> Emma	10:15 - 11:00 <b>Fat Burn</b> Aspire Staff	
18:30 - 18:50 <b>HIIT Blast</b> Aspire Staff	11:30 - 11:50 <b>Abs Attack</b> Aspire Staff	11:00 - 11:45 <b>Tour de Cycle</b> Virtual	
19:00 - 19:45 <b>Spin</b> Lorraine	12:00 - 13:00 <b>Tour de Cycle</b> Virtual	12:00 - 12:45 <b>Bootcamp</b> Aspire Staff	



\*For hygiene purposes, please could members bring their own mats, luminous jackets, head torches and boxing gloves (We do have enough gloves if members don't have). 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 of exercise.

As HIIT Blast is only 20 minutes, we won't be performing a warm up beforehand so we do advise to come in a little bit earlier to warm up (If you need any help with warming up, a member of staff will be more than happy to help)

# 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 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!

## 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's! We all know HIIT is hard work, that's why it's 20 minutes! Who can't take 20 minutes out of their day to do a bit of exercise?! Who can do all HIIT Blasts in a week? Down to you!

## 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.

## 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!

## 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.

## 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

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 to an extreme total body dance-based workout to high energy music, incorporating having to go that extra mile with a step!

## 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](http://aspire2fitness.com)

Aspire2Fitness, Chesham Road, Berkhamsted, Herts HP4 3AH

T: 01442 872083 W: [aspire2fitness.com](http://aspire2fitness.com)