

Class timetable

From January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
17:45 - 18:30 Spin Issy	17:30 - 18:30 Virtual Spin	17:45 - 18:45 Pilates* Matt	17:30 - 18:30 Body Sculpt Rachael
18:30 - 19:00 Body Blitz Dan	18:15 - 18:45 Body Blitz Dan	18:45 - 19:15 Body Blitz Dan	18:30 - 19:00 Abs Blast Rachael
18:45 - 19:30 HIIT Circuits Issy	19:00 - 20:00 Strength & Tone Dan	19:00 - 20:00 Step Aerobics Jean	19:30 - 20:15 Spin Lorraine
19:30 - 20:30 Hatha Flow Yoga* Rashma	20:10 - 21:10 Pilates* Matt	20:00 - 21:15 Vinyasa Yoga* Leigh	20:20 - 21:20 Pilates* Lorraine
21:00 - 21:45 Virtual Spin	21:00 - 21:45 Virtual Spin		
FRIDAY	SATURDAY	SUNDAY	
17:45 - 18:30 Spin Lorraine	09:00 - 10:15 Hatha Yoga* Rashma	09:00 - 09:45 Virtual Spin	
18:35 - 19:35 Pilates* Lorraine	10:30 - 11:15 Spin Lorraine	10:30 - 12:00 Pilates* Matt	
19:45 - 20:30 Virtual Spin	10:45 - 11:45 Body Sculpt Rachael	16:00 - 17:00 Virtual Spin	
	16:00 - 17:00 Virtual Spin		

*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.



Class descriptions



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.

Body Blitz

This is a small fun, fast paced class that will challenge you physically and teach you a variety of new compound movements using the fantastic free weighted area in our gym.

Strength & Tone

A high energy class designed to target the hard to hit areas. Ran by our very own instructor Dan - this class is sure to see you hit the right spot and reach new levels in your fitness goals.

Hatha Flow 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.

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.

Virtual Spin

A 'virtual' class where all members will be assisted in their bike set up by a member of the team and then follow a spin call on a big screen



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