

# Class timetable

From June 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
17:30 - 18:00 Body Blitz Core Dan	18:00 - 18:30 Body Blitz Upper Dan	17:30 - 18:15 Express Pilates* Matt	17:45 - 18:30 Circuits Calum
18:00 - 18:45 Spin Charmain	19:00 - 19:55 Trim down, Tone up Dan	17:45 - 18:15 Body Blitz Lower Dan	18:30 - 19:00 Abs Attack Calum/Dan
18:30 - 19:15 Circuits Tim/Dan	19:30 - 19:45 Abs15 Joe	18:15 - 19:00 Spin Heather	18:45 - 19:30 Spin Lorraine
19:30 - 20:30 Hatha Flow* Rashma	19:30 - 20:30 Easy Ridin'	19:00 - 19:55 Body Sculpt Heather	19:30 - 20:00 Body Blitz Cardio Calum/Dan
20:30 - 21:15 Easy Ridin'	20:00 - 21:00 Pilates* Matt	20:00 - 20:15 Abs15 Dan	19:35 - 20:35 Pilates+* Lorraine
		20:00 - 21:15 Vinyasa* Leigh	20:45 - 21:30 Easy Ridin'
FRIDAY	SATURDAY	SUNDAY	
17:45 - 18:40 Spin Lorraine	09:00 - 10:15 Hatha Flow* Rashma	09:00 - 09:45 Easy Ridin'	
18:45 - 19:45 Pilates+* Lorraine	10:30 - 11:30 Zumba Emma	10:30 - 12:00 Pilates* Matt	
18:45 - 19:00 Abs15 Tim/Dan	15:00 - 16:00 Easy Ridin'	15:45 - 16:30 Easy Ridin'	
19:30 - 20:30 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.

To book call: **01442 872083** or online: [aspire2fitness.com](http://aspire2fitness.com)

# Class descriptions



## Abs15

15 minutes of direct core work will be sure to leave those abs aching. Using both single and paired exercises, you will be sure to hit every part of those much-wanted abs.

## Abs Attack

Attack those abs and crunch away for 30 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 Sculpt

Squat, press and curl your way to a better looking body in no time! This high energy class provides plenty of fun but intense exercise aiming to help drop those pounds and reshape that figure.

## Circuits

Using diverse exercises across different stations, you will be sure to hit every body part through one of our traditional circuits classes. With a wide array of body weight, free weight and cardiovascular exercises accompanied by short rest breaks, you will be sure that no workout is ever the same!

## Easy Ridin'

Our virtual Ride class will give you a different kind of workout that requires more focus. A Virtual spin class. Ask at reception for more details.

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

## Pilates

Our Pilates classes 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.

## 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.

## Trim Down, Tone Up

Train like you've never trained before! Series of back to back, high intensity exercises that will leave you feeling lighter and tighter!

## Yoga

Our yoga classes, Hatha Flow and Vinyasa, are both 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.



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