



# GROUP FITNESS TIMETABLE

## WINTER 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Stability Ball</b> 9.15 - 10.00 Intensity Rating *	<b>Spinn</b> 8.30 - 9.30 Intensity Rating ****	<b>Turbo</b> 9.30 - 10.30 Intensity Rating ****	<b>Run Club</b> 9.30 - 10.30 Intensity Rating ***	<b>Turbo</b> 8.30 - 9.30 Intensity Rating ****	<b>HIIT</b> 8.30 - 9.00 Intensity Rating ****	<b>Battle Ropes</b> 8.30 - 9.00 Intensity Rating ****
<b>Body Balance</b> 10.00 - 11.00 Intensity Rating ***	<b>Body Pump</b> 9.30 - 10.30 Intensity Rating ****	<b>F.B.F.T</b> 10.30 - 11.30 Intensity Rating ****	<b>Body Pump</b> 9.30 - 10.30 Intensity Rating ****	<b>Vipr</b> 9.30 - 10.30 Intensity Rating ****	<b>Spinn</b> 9.00 - 10.00 Intensity Rating ****	<b>Circuits</b> 9.00 - 9.45 Intensity Rating ****
<b>HIIT</b> 11.00 - 11.30 Intensity Rating ****	<b>Boxercise</b> 10.30 - 11.15 Intensity Rating ****	<b>Aqua</b> 11.30 - 12.30 Intensity Rating *	<b>Dance Fit</b> 10.30 - 11.30 Intensity Rating **	<b>Body Balance</b> 10.30 - 11.30 Intensity Rating ***	<b>Body Pump</b> 10.00 - 11.00 Intensity Rating ****	<b>Zumba Step</b> 9.45 - 10.45 Intensity Rating ***
<b>Aqua</b> 13.00 - 14.00 Intensity Rating *	<b>Stability Ball</b> 11.15 - 12.00 Intensity Rating *	<b>Body Balance</b> 11.30 - 12.30 Intensity Rating ***	<b>Yoga</b> 11.30 - 13.00 Intensity Rating ****	<b>Pilates</b> 17.00 - 18.00 Intensity Rating *	<b>Vipr</b> 11.00 - 11.45 Intensity Rating ****	<b>Body Balance</b> 10.45 - 11.45 Intensity Rating ***
<b>Body Balance</b> 17.15 - 18.15 Intensity Rating ***	<b>Battle Ropes</b> 17.30 - 18.00 Intensity Rating ****	<b>Abs &amp; Back</b> 17.30 - 18.00 Intensity Rating ***	<b>Battle Ropes</b> 17.30 - 18.00 Intensity Rating ****	<b>HIIT</b> 18.00 - 18.30 Intensity Rating ****		
<b>Boxercise</b> (squash court) 18.30 - 18.45 Intensity Rating ****	<b>Body Balance</b> 18.00 - 19.00 Intensity Rating ***	<b>Boxercise</b> 18.00 - 19.00 Intensity Rating ****	<b>Body Balance</b> 18.00 - 19.00 Intensity Rating ***	<b>Karate</b> 19.00 - 21.00 Intensity Rating *		
<b>Body Attack</b> 18.15 - 19.00 Intensity Rating ****	<b>Kettlebells</b> 19.00 - 19.45 Intensity Rating ****	<b>Body Pump</b> 19.00 - 20.00 Intensity Rating ****	<b>Body Attack</b> 19.00 - 20.00 Intensity Rating ****			
<b>Body Pump</b> 19.00 - 20.00 Intensity Rating ****	<b>Vipr</b> 19.45 - 20.30 Intensity Rating ****	<b>Body Balance</b> 20.00 - 21.00 Intensity Rating ***	<b>Swim Fit</b> 20.00 - 21.00 Intensity Rating ***			
<b>Spinn</b> 20.00 - 21.00 Intensity Rating ****						





# CLASS INFORMATION

## BODY PUMP

A structured barbell workout to challenge every muscle group in the body! Performed to motivating and inspiring music that will shape and sculpt your body like no other class.

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## SPINN

High intensity studio cycling using the latest upbeat chart music.

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## KETTLEBELLS

The original Kettlebell workout using a Kettlebell throughout, choose your weight carefully this one is tough!

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## HIIT

High Intensity Interval Training, prepare to work hard in a class that ticks all boxes and achieves all goals! Warning 30mins is more than enough for this class!

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## BODY ATTACK

A Les Mills class that delivers high energy functional body weight fitness exercises to fantastic motivating music. Prepare to work hard and reap the benefits of this all-round, total body workout.

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## BODY BALANCE

Deriving ancient moves from forms of Tai-Chi, Pilates and yoga. Incorporating them into a balanced workout to uplifting music.

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## VIPR

Using a unique 'Vipr' described a weighted rubber log shaped cylinder to work the whole body. This class combines plyometrics and functional training exercises to access areas of your body you didn't know existed!

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## DANCE FIT

A dance fitness class combining all your favourite move to all your favourite music - fun and enjoyment is the key focus here.

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## AQUA

A water based aerobic class, with the added resistance of the water to make it a very effective and refreshing workout.

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## SWIM FIT

A session to perfect your technique in the water and progress to a higher level of fitness. Perfect for those looking to advance the way to becoming an elite swimming athlete.

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## STABILITY BALL

A class specifically designed to improve your core stability using the latest exercises performed on the stability ball.

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## RUN CLUB

Take your running experience a step further with one of our trained instructors touring round the golf course and surrounding pathways. Suitable for Beginners & Advanced athletes.

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## BOXERCISE

A well rounded class combining a variety of Boxing based exercises to punch your body back into shape. The focus is on technique, power, strength and agility ticking all boxes to challenge your body throughout.

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## KARATE

Learn the ancient art of Karate from one of the best. Peter has taught around the world and is well recognised for the technically correct student he produces.

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## BATTLE ROPES

A High intensity class revolved around the use of battle ropes designed to burn calories, strengthen the whole body and improve your cardiovascular fitness – warning: 30 minutes is plenty of time for class!

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## PILATES

A mind body conditioning that helps build the deep postural muscles of your trunk and spine, giving you 'core stability' and alignment.

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## ZUMBA STEP

Combining all the great moves of Zumba with the added challenge of a step makes this class both enjoyable and rewarding.

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## CIRCUITS

A class mixing aerobic and strength work in a way that can challenge people of all abilities using a combination of varied, interesting and fun methods.

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## TURBO

A more advance studio cycling class for the cycling enthusiasts!

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## ABS & BACK

30 min core workout hitting all elements of abdominals and lower back, perfect for those hard to reach areas.

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## YOGA

This class will help to achieve physical balance, flexibility and posture through breathing techniques and movement. A good chance to stretch and relax at the same time!

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