

EXERCISE CLASS TIMETABLE



MONDAY

SPINNING	07.00 - 07.45	JANE
ZUMBA	09.30 - 10.30	NATASHA
SPINNING	17.30 - 18.15	DAWN
LIFT & PUMP	18.30 - 19.30	DAWN
PILATES	19.45 - 20.30	DAWN

TUESDAY

KETTLEBELLS	08.30 - 19.15	KATE
TAI CHI	09.30 - 10.15	KATE
WW DANCE	10.30 - 11.15	KATE
SPINNING	17.30 - 18.15	CHARLOTTE
SPIN HIIT	18.30 - 19.15	CHARLOTTE

WEDNESDAY

HATHA VINYASA YOGA	09.30 - 10.15	SARAH
HATHA YOGA	10.30 - 11.30	SARAH
KETTLEBELL HIIT	18.30 - 19.15	NATALIE
CORE & STRETCH	19.30 - 20.30	NATALIE

THURSDAY

DANCEMIX	08.30 - 09.15	KIM
TONE & ABS	09.30 - 10.15	KIM
STRETCH FUSION	10.30 - 11.30	KIM
SPINNING	17.30 - 18.15	DAWN
LIFT & PUMP	18.30 - 19.30	DAWN

FRIDAY

TAI CHI	08.30 - 09.15	KATE
ZUMBA	09.30 - 10.30	NATASHA
SPIN HIIT	18.30 - 19.15	CHARLOTTE

SATURDAY

LIFT & PUMP	09.00 - 10.00	DAWN
SPINNING	10.15 - 11.00	DAWN

PLEASE NOTE:

- THIS TIMETABLE IS SUBJECT TO CHANGE AT ANY TIME.
- Class prices may vary
- Social distancing measures are in place and must be followed

Kettlebells: Unlike a dumbbell or barbell, the kettlebells centre of mass is offset from the handle. This means the weight constantly pulls against your hand and requires not only strength and co-ordination, but also the use of the other muscles through your arms, shoulders and your core stabiliser muscles. You use around 600 muscles in a workout and exercise your cardiovascular system, too – it's definitely a total body workout! Not ideal for anyone pregnant or anyone with a history of back injuries.

Spinning: An intense cardio vascular work-out on static bikes. Spinning covers sprints, hill climbs and mixed terrain work-outs. The class is a fantastic way to increase both heart rate and blood flow. You control your resistance, the instructor controls the pace.

Pilates: Ideal for those wishing to improve flexibility, exercise smaller muscle groups and improve core strength. It also puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

Zumba: An engaging cardio-vascular work-out set to music. Fast, fun and funky, if you love dancing and music, then Zumba is the class for you.

Lift and Pump: This class provides a variety of barbell and dumbbell exercises, set to music, that will get the pulse rate up and give you a full body workout. As we age, muscle strength becomes increasingly important as it offers protection against conditions such as osteoporosis. You control the weights you lift. Your instructor controls the muscle groups you exercise.

Stretch Fusion: An invigoration mat based workout which combines Pilates and Yoga sequences to improve while body strength and mobility. This class will help you tone up and ease any muscle aches, you will leave feeling strong and supple. Excellent for long term health and well-being. Suitable for all.

Spin H.I.I.T: 2 of our most intense classes combined...not for the light hearted! Back to back tracks on the bike immediately followed with a 1 track H.I.I.T set.

Workout Well Dance: A friendly, gentle dance and movement based exercise session set to a variety of music including classical, jazz and popular hits from the past. In this class you will work on simple dance and movement phrases that will improve stamina, flexibility and balance, whilst challenging your co-ordination

Tone & Abs: A workout combining standing and mat bases exercises which target the major muscle groups. Focusing on core strength in the abdominals and the back as well as upper and lower body conditioning. All set to music which will motivate and inspire you to feel the burn and get stronger each week. Please bring your own mat

Hatha Yoga: Hatha Yoga is a form of yoga that seeks to balance our energies. The literal translation of Hatha is "Ha" sun (masculine energy) and "ta" meaning moon (feminine energy), Hatha yoga seeks to balance them both within us to bring peace and wellbeing. That all sounds lovely, but what does this actually mean when I come to a Hatha yoga class? In a Hatha class we use traditional yoga poses and breath to strengthen our bodies, increase our flexibility and mobility but also to bring ourselves into the present and settle our minds.

Tai Chi: Gentle exercise which integrates mind and body through the co-ordination of flowing, controlled movement with the breath. Excellent for improving strength and balance.

STARTS MONDAY 4 JANUARY 2021