

# Class Timetable

To book a fitness class please call 01483 735333

## Monday

Time	Class
09:15 - 10:00	Total Body Conditioning
16:30 - 17:15	Virtual Spin Fit
17:30 - 18:00	HIIT
18:00 - 18:45	Box Fit
19:00 - 19:45	Zumba
20:15 - 20:45	Circuits

## Tuesday

Time	Class
06:45 - 07:15	Virtual Spin Fit
10:00 - 10:45	Supple Strength
18:15 - 19:00	Core & More
19:00 - 19:45	Spin Fit
20:00 - 21:00	Yogalates

## Wednesday

Time	Class
09:15 - 10:00	Total Body Conditioning
18:00 - 18:45	Spin Fit
18:45 - 19:30	Circuits
19:30 - 20:15	Zumba
20:30 - 21:00	Virtual Spin Fit

## Thursday

Time	Class
17:30 - 18:00	HIIT
18:00 - 18:45	Core & More
18:45 - 19:30	Spin Fit
19:45 - 20:45	Yogalates

## Friday

Time	Class
09:15 - 10:00	Spin Fit
10:00 - 10:45	Supple Strength

## Saturday

Time	Class
08:30 - 09:15	Virtual Spin Fit
09:15 - 10:00	Spin Fit
10:00 - 10:45	Box Fit

## Sunday

Time	Class
09:15 - 10:00	Virtual Spin Fit
10:00 - 10:45	Virtual Spin Fit

Timetable subject to change.

# Class Descriptions

## Circuit Training

An excellent way to improve mobility, strength and stamina. Circuit training comprises of exercises that are completed one exercise after another. Each exercise is performed for a specified number of repetitions or for a set time before moving on to the next exercise.

## HIIT

High intensity interval training (HIIT) utilises quick efforts of intense exercise, followed by a period of recovery, giving you a complete workout and a metabolism boost for great weight loss.

## Total Body Conditioning

An ultra-effective combination of easy to master exercises to help you tone, strengthen and re-shape your body from top to toe.

## Spin Fit

Using the latest Myride technology, Spin is a cycling based class with the addition of a huge video screen. Work to the beat of the music from rolling hills and climbs to varying intensities of sprinting.

## Supple Stength

A perfect supplement to your cardio and weight training, Supple Strength blends elements of yoga, Pilates and stretching to create a challenging low-impact workout. Targeting improvements in flexibility and posture this class is suitable for all levels.

## Yogalates

A combination of Yogo and Pilates for a total body workout focused on developing your core strength and stability through pilates poses. Yogo poses focus on improving your flexibility, muscular strength, posture and alignment, including breathing and relaxation.

## Virtual Spin Fit

Virtual Spin is a first-person video experience that allows you to feel as if you are travelling though a location; just as you would in real life.

## Box Fit

Box fit uses a range of low impact boxing techniques and pad work for a high energy and fun workout

## Core & More

A core strengthening and stability class with added cardio and resistance exercises to give your body a complete workout.

## Zumba®

Zumba is a Latin dance inspired workout that is often called “exercise in disguise”. Combining low intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.