

# CLASS TIMETABLE

## Autumn Edition

All classes must be pre booked 6 days in advance and if you can't attend then please let us know.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
07.15 - 07.45 <b>SPIN</b> Jess	10.30 - 11.00 <b>GENTLE CIRCUIT</b> Gym Team	07.15 - 07.45 <b>SPIN</b> Jess	09.30 - 10.15 <b>AQUA</b> Anneli
13.30 - 14.15 <b>AQUA</b> Anneli			11.00 - 12.00 <b>PILATES</b> Angela
	18.00 - 18.45 <b>CIRCUITS</b> Gym Team	18.00 - 18.45 <b>YOGA</b> Emma	18.00 - 18.30 <b>SPIN</b> Jess
			18.45 - 19.15 <b>BODY BLAST</b> Gym Team

## CLASS DESCRIPTIONS

### AQUA

A fun way to exercise in the water. Classes focus on aerobic endurance and resistance training.

### BODY BLAST

This 30 minute class combines strength, HIIT and cardio exercises for a full-body workout guaranteed to burn fat and sculpt muscle. This class will get your heart pumping, make you sweat and challenge your muscles!

### CIRCUITS

Circuits is a high energy and fast-paced class which involves working your way around different exercise stations performing each exercise as many times as you can in a set time.

### GENTLE CIRCUITS

A carefully structured full body exercise class, targeting strength and endurance without impact. Suitable for all ages and abilities, closely monitored to ensure safety with clear demonstrations throughout.

### SPIN

Whether you're a serious cyclist or just love the calorie burn of Spinning, this is the class for you! This high energy ride will take you to a new level of fitness using cadence, and heart rate drills. Come on in and reap the benefits!

### YOGA

A blend of Hatha Yoga and Slow Flow Yoga this class will improve your flexibility, core strength and hopefully make you smile as well! Suitable for all abilities

### PRICES

Free of charge to peak members  
£2.50 to off-peak members during peak hours  
£5 to guests of members

*dare to be different*