

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
07.00 - 07.30 SPIN Joanne	10.00 - 11.00 GENTLE CIRCUIT Jess	10.00 - 11.00 YOGALATES Angela	08.30 - 09.15 AQUA Anneli
13.30 - 14.15 AQUA Anneli			
18.00 - 18.50 SPIN Jess	18.00 - 19.00 BOXERCISE Jess		18.00 - 18.45 CIRCUITS Jess

CLASS DESCRIPTIONS

AQUA

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

BOXERCISE

Boxercise is an exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads but no class involves hitting an opponent. It is a fun, challenging and safe workout which is great for stress busting, accessible to all ages and fitness levels.

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!

YOGALATES

Yogalates the perfect blend of Pilates and Yoga. A combination of the gentle stretch of yoga and the core building focus of Pilates. It will improve posture and strength through yoga poses, mind and body awareness, all fused with the techniques and principles of Pilates. Yogalates will also increase flexibility and reduce stiffness creating a strong foundation for movement.

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