

Effective 2nd March 2020

Group Fitness Timetable

MON	TUES	WED	THUR	FRI
6.45—7.30am Fresh Start JENNY	6.45-7.15am HIIT JADE	6.45—7.30am Pilates reformer Circuit (6 people) JENNY	6.45—7.30am Power Circuit PAIGE	6.45-7.30am Cardio Blitz JADE
				7.15-8.00am Pilates Circuit (6 people) JENNY
LUNCHTIME CLASSES				
12.00-12.45pm Strength Circuit TOM	12:00—12.30pm Zumba Dance Moves MARITA 12:30—1:00pm Strength circuit ANGELYN	12:00—12:30 pm Cardio Tone 12.30-1:00 pm POWERBAR DIANE	12.00-12.30pm Zumba Dance Moves BEATA	12.00—12.30pm Strength Circuit 12.30—1.00pm Boxing JADE
12.00—12.30pm Pilates (4 people) 12.30—1:00 pm Pilates (4 people)	12.00—12.30 Reformer Circuit (8) ANGELYN 12.30—1pm Pilates Mix (6) 1:00 pm—1.30pm Pilates Reformer (4) IRA	12.00-12.30pm Pilates (4 People) 12:30—1:00pm Pilates (4 People) CATRIONA	12.00-12.30pm Pilates (4) 12.30-1.00pm Pilates (4) 1.00-1.30pm Pilates (4) IRA	12.00—12:30pm Pilates Circuit (8) 12:30—1:00 pm Pilates Circuit (8) ANGELYN
AFTERNOON & EVENING CLASSES				
4:45 -5.15pm Pilates (4 People) 5:15 -5.45pm Pilates (4 People) KUANNIE		4:45 -5.15pm Pilates (4 People) 5:15 -5.45pm Pilates (4 People) KUANNIE		
5.15-6.00pm Cycle NICK	5.15—6.00pm Body weight/functional training NICK	4.45-5.15pm Cycle 5.15-5.25pm Abs/Arms 5.25-6.00pm Cycle TONI	5.15—6.00pm Boxing circuit and strength circuit NICK	
	6.00-6.15pm Abs & Core NICK		6.00-6.15pm Abs & Core NICK	

Class Descriptions

PILATES - REFORMER, MIX, MAT & FUSION	<p>Beginners to Intermediate— Targets deep muscles of the abdomen and lower back. This total body workout is especially useful in retaining range of movement, rehabilitation and prevention of injuries. You will be introduced to a variety of tools to heighten the pilates experience, as well as some Yoga asanas for variety. Mat pilates is traditionally harder than reformer pilates.</p> <p>Online Bookings are essential—contact reception for instructions</p>
BOXING CIRCUIT	<p>All levels. Increase your upper body strength sharpen your reflexes and improve your cardiovascular fitness with this challenging class.</p> <p>A mixture of cardio and then abdominal and core strength throughout</p>
CARDIO BLITZ	<p>A class designed to elevate your heart rate and test your limits. Be introduced to a variety of cardio machines and training methods that will increase your heart rate and shed the kilo's quickly.</p>
CIRCUIT	<p>All levels – a quick workout that pushes you to new limits and explores a variety of exercises over several “stations”.</p>
HI-LO AEROBICS & CONDITIONING	<p>Good old fashioned aerobic moves followed by strength work—tummy, hips, thighs and arms.</p>
ZUMBA DANCE MOVES	<p>Bust a move and join the dance party! A fun and energetic class for everyone. Great music to get you grooving.</p>
ABDOMINALS & CORE WORKS	<p>Designed to strengthen and tone the core abdominal and back muscles in just 15 minutes.. A strong core is essential for lower back health and the prevention of injuries.</p>
POWER AND STRENGTH CIRCUIT	<p>Work your whole body in different ways—using your own body weight, dumbbells, kettlebells, bands, TRX and more!</p> <p>This class is designed to improve your muscular strength and endurance.</p>
POWERBAR	<p>Power Bar is a low impact workout using specially designed barbells. This class is perfect for toning and strengthening your whole body whilst working your cardiovascular system at the same time.</p>
STEP	<p>Step Aerobics is a choreographed routine of stepping up and down on an elevated platform. You can choose your own intensity level by varying the step height, impacting your heart rate and workload on your lower body.</p>
BODY WEIGHT / FUNCTIONAL TRAINING	<p>Some serious full body weight training and some light weights or resistance bands to focus on improving muscular endurance and strength.</p> <p>You will love the variety of exercise movements and creativity each week</p>
CYCLE	<p>All levels. A low impact fitness class which burns mega calories using indoor Keiser Bikes and motivating music.</p>
FRESH START	<p>Avoid injuries and body niggles by strengthening and stretching your stabilizers (shoulders, hips, lower back)</p>
HIIT	<p>High Intensity Interval Training. Short bursts of maximum intensity exercise, followed by recovery periods. Great for fat burning, not for the faint hearted!</p>
DEEP STRETCH AND RELAX	<p>Deep stretch using the rollers and bands to maximise results</p>