

# GROUP FITNESS TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
BODY PUMP 07:00-07:45 Michaela	YOGA 09:15-10:15 Lina	CIRCUIT TRAINING 09:30-10:30 Leah	YOGA 07:45-08:45 Vanessa	BODY COMBAT 07:00-08:00 Zenobia	BODY STEP 09:00-10:00 Will/Alex	ZUMBA 09:30-10:30 Jeanette
DANCERCISE 10:00-11:00 Becks	ZUMBA TONING 10:30-11:30 Becks	SPIN 09:45-10:30 Stacey	BODY PUMP 09:15-10:00 Zenobia	INDOOR CYCLING Coach by Colour 09:15-10:00 Zenobia	CIRCUIT TRAINING 10:15-11:15 Sophie	
YOGA 13:00-14:00 Susan	AQUA AEROBICS 14:15-15:00 Bryony	BODY PUMP 10:45-11:30 Stacey	BODY COMBAT 10:15-11:00 Zenobia	ZUMBA 10:00-11:00 Becks		
BODY COMBAT 18:00-19:00 Michaela	TABATA 18:00-19:00 Matt	BODY BALANCE 11:30-12:15 Stacey	BODY BALANCE 14:30-15:30 Stacey	YOGA 17:30-18:30 Lina		
BODY ATTACK 19:00-20:00 Michaela	BODY STEP 19:00-20:00 Will/Alex	AQUA AEROBICS 12:15-13:00 Bryony	YIN YOGA 15:45-16:30 Stacey	INDOOR CYCLING Find your Baseline 17:45-18:30 Zenobia		
		YOGA 15:30-16:30 Vanessa	PILATES 17:00-17:45 Stacey	BODY PUMP 18:40-19:40 Zenobia		Dance Studio
		YOGA 16:45-17:45 Lina	BODY PUMP 18:00-18:45 Stacey	AQUA AEROBICS 19:30-20:15 Sophie		Spin Studio
		BODY ATTACK 18:00-19:00 Michaela	ZUMBA 19:45-20:45 Jeanette			Main Pool
		BODY PUMP 19:00-20:00 Michaela				

## **AQUA AEROBICS**

Aqua aerobics classes involve all the usual exercises you would complete in a studio based aerobics session, just in water. Exercising in water provides a great low-impact way to improve fitness without causing stress to your joints and muscles.

**BODYATTACK™** is a sports-inspired cardio workout for building both strength and stamina. It combines athletic aerobic movements with strength and stabilisation exercises to create a killer workout that gets results.

**BODYBALANCE™** is the yoga-based class that will improve your mind, body and life. During BODYBALANCE™, an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and elements of Tai Chi and Pilates.

**BODYCOMBAT™** is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from karate, Taekwondo, boxing, Muay Thai, capoeira and kung fu.

## **BODY PUMP**

Get lean, build strength and tone muscle with BODYPUMP, a group-based barbell class to work all your major muscle groups.

**BODYSTEP™** is a step aerobics class where you complete simple movements on, over and around a height-adjustable step. Routines vary from high intensity moves to resistance and muscle-conditioning exercises.

## **CIRCUIT TRAINING**

Circuit training comes in many shapes and sizes. The instructor decides on a number of different strength and/or cardio based exercises which are performed at different stations one after the other. Usual circuit training sessions will allow for a short rest period in between stations and a longer rest period before the whole circuit is repeated.

## **DANCERCISE**

Dance fitness is a type of group exercise class that incorporates various forms of dance. It's an aerobic workout, divided into different tracks that provide peaks and troughs of intensity.

## **INDOOR CYCLING - COACH BY COLOUR**

Coach By Color classes use the bikes training system to deliver real-time, colour-coded feedback to the user. Coach By Color has five coloured training zones which allow you to accurately coach your efforts for the best customised results.

## **INDOOR CYCLING - FIND YOUR BASELINE**

Find Your Baseline sessions enable a rider to find their Functional Threshold Power (FTP) for Coach by Colour classes. Every rider will have an individual FTP personal only to them, and as such every rider will be riding a bike with a console personal to them and their ability.

## **PILATES**

Pilates classes aim to increase full body strength, with particular emphasis on working your core muscles. Pilates exercises are done on a mat or using other specialised equipment.

## **SPIN**

Spin is a cardiovascular training class on a stationary exercise bike. You have complete control of the resistance on your bike and your instructor will guide you through hill climbs, sprints and power intervals, all aimed at increasing lower body strength and improving stamina.

## **TABATA**

Tabata is a type of High Intensity Interval Training (HIIT). It involves running, cycling or performing other cardio moves such as burpees or jumping jacks to maximise effort for 20 seconds, followed by 10 seconds of rest. Intervals are performed 8 times to create 4 minute blocks.

## **YIN YOGA**

Yin Yoga is a slow-paced style of yoga as exercise, incorporating principles of Traditional Chinese Medicine, with asanas that are held for longer periods of time.

## **YOGA**

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental well-being. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.

## **ZUMBA**

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba classes feature exotic rhythms set to high-energy Latin and international beats.

## **ZUMBA TONING**

Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles!