

# NEW CLASS TIMETABLE 2017

	AM					PM					
MONDAY	Spinning 7.00-7.30					Yoga 12.30-1.30		Core and Stretch 5.30-6.00	Body Tone 6.05-6.55	*Spinning 7.05-7.50	
TUESDAY	Cardio Blast 7.00-7.30		Water Workout 10.30-11.15	Pilates 11.30-12.30	LBT 12.30-1.00			Cardio Blast 5.30-6.00	Yoga 6.05-6.55	Circuit Training 7.05-7.55	Members Football 8.05-9.45
WEDNESDAY	Spinning 7.00-7.30		40 Plus Fitness 10.30-11.15		Spin 12.30-1.00			LBT 5.30-6.00	Pilates 6.05-6.55	*Spinning 7.05-7.50	
THURSDAY	Cardio Blast 7.00-7.30		Water Workout 10.30-11.15	Pilates 11.30-12.30	LBT 12.30-1.00			Core and Stretch 5.30-6.00	Body Tone 6.05-6.55	Circuit Training 7.05-7.55	Members Badminton 8.05-9.45
FRIDAY	Spinning 7.00-7.30							Cardio Blast 5.30-6.00	*Spinning 6.05-6.55		
SATURDAY		*Spinning 9.00-9.45	*Pilates 10.00-10.55	Pilates 11.00-11.55			Members Badminton & Members Squash both 3.00-4.00				
SUNDAY			Circuits 10.00-11.00								

\* Classes marked with a star must be booked in advance to guarantee your place. Either book at reception or phone 01908 358383

Spinning	Indoor cycling on static exercise bikes featuring intervals, sprints, jumps and climbs.
Cardio Blast	A cardiovascular class with high intensity interval training and body weight resistance exercises.
Body Tone	A resistance and toning class for the whole body using barbells, dumbbells and body weight resistance.
Circuits Training	A circuit of mixed CV & resistance exercises that you move round, doing each exercise for approx 45 seconds.
LBT	A toning class for legs, bums and tums, featuring squats, lunges, ab crunches , planks, leg raises etc.
Core & Stretch	Abdominal & lower back exercises to strengthen your core + stretches for flexibility.
Pilates	A series of mat based movements for core strength and posture.
Yoga	Varying Yoga positions, mainly mat based for flexibility, toning and mobility.
Water Workout	Aqua Aerobics exercises in the swimming pool, featuring aqua steps, aqua dumbbells, aqua mits and woggles.
40 Plus Fitness	Low intensity mobility and strength class for beginners and the more mature, including mat work and resistance bands.