

## Studio Class Timetable June 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Evening Classes</b>	<b>Evening Classes</b>	<b>Evening Classes</b>	<b>Evening Classes</b>	<b>Evening Classes</b>	<b>Morning Classes</b>
18:30-19:15 CIRCUITS Alex	18:15 -19:15 HOT YOGA Harry	18:15-19:00 GROUP CYCLING Becky		18:00-18:55 CORE DE FORCE Paula	08:30-09:30 CIRCUITS Alan
19:30-20:30 YOGA Lyn	19:30-20:30 HOT YOGA Harry	19:15-20:00 PILATES Angie	19:45-20:30 BOOTCAMP Justine		9:30-10:15 GROUP CYCLING Zoe
20:30-21:00 ABS BLAST Zoe	18:00-18:45 FAMILY CLUBBERCISE – Wake Wing Studio Johanna				

Please book online for the studio classes.

This ensures your place in the class and if a class is cancelled we will be able to inform you at the earliest opportunity.

Places are limited.

If you have booked in to a class and you are no longer able to attend please cancel your place so that another member on the waiting list can attend.

Once booked please report to the gym desk before going to your class.

Please note not all classes are held in the Sports Centre Studio.

## Class Descriptions

<b>CIRCUITS</b> A fast paced class where you do an exercise for 30-60 seconds then move on to another exercise. You'll improve fitness, mobility, strength and stamina.	<b>YOGA</b> Ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.
<b>CORE DE FORCE</b> Inspired by MMA, Kickboxing and Muay Thai combinations! With bodyweight training to sculpt and tone your muscles. Intervals will elevate your heart rate and burn fat!	<b>GROUP CYCLING</b> You'll get a great workout, just hop on your bike, set the resistance that's right for you and let your instructor guide you through an incredible ride.
<b>BOOTCAMP</b> A challenging all body free weight workout. Bootcamp mixes cardio and resistance exercises to improve your balance, strength and flexibility.	<b>PILATES</b> Controlled strength and flexibility exercises that engage the mind and condition the body. Improves posture, reduces stress, and creates lean muscle.
<b>HIIT</b> High Intensity Interval Training class designed to work you hard. Fun and intense for fat loss, burning calories and increasing cardiovascular fitness.	<b>FAMILY CLUBBERCISE</b> For parents/carers/family friends and their children age 7-12. A family version of the popular Clubbercise class. Perfect for confidence building. Adult gym members (no charge) accompanied by one child for a charge of £3. Glow sticks rented for £2.
<b>ABS BLAST</b> This is an abdominal workout with a focus on core strength and stability to improve your posture, training technique, and your body shape! The workout will take you through a series of mat based exercises focusing on all areas of your abdominals.	