

**Monday**

09.30 - 10.00	Spin Blast
10.00 - 10.30	Fitness Circuit
11.00 - 11.45	Zumba Gold
12.15 - 13.00	Pilates
17.30 - 18.15	Spinning
18.00 - 19.00	Zumba
18.30 - 19.30	Freestyle Fitness Yoga
19.00 - 20.00	Legs, Bums 'N' Tums
19.30 - 20.15	Spinning
20.15 - 21:00	Hydro Spin

**Tuesday**

09.30 - 10.30	Body Conditioning
10.30 - 11.00	Fitness Circuit
10.45 - 11.15	Spin Blast
12.15 - 13.00	Kettlebells
17.00 - 17.45	Spinning
18.00 - 19.00	Pump FX
18.00 - 18.45	Kettlebells
19.15 - 20.00	Spinning
20.15 - 20.45	Ab Blast

**Wednesday**

09.30 - 10.30	Fit Ball
10.30 - 11.00	Fitness Circuit
12.00 - 12.45	Spinning
17.00 - 17.30	Spin Blast
17.30 - 18.00	Ab Blast
18.15 - 19.00	Pilates
19.15 - 20.00	Spinning
19.30 - 20.15	Aqua Toning

**Thursday**

09.30 - 10.30	Legs, Bums 'N' Tums
10.30 - 11.00	Fitness Circuit
11.15 - 12.00	Spinning
17.15 - 18.00	Spinning
18.00 - 19.00	Body Conditioning
18.45 - 19.30	Hydro Spin
19.15 - 20.00	Fit Ball

**Friday**

10.30 - 11.00	Fitness Circuit
12.00 - 12.45	Spinning
17.00 - 17.30	Spin Blast
17.30 - 18.00	Ab Blast
18.15 - 19.00	Aqua Toning

**Saturday**

09.30 - 10.15	Spinning
10.30 - 11.30	Legs, Bums 'N' Tums

**Sunday**

10.00 - 10.45	Spinning
11.00 - 11.45	Hydro Spin

**Which Class Will You Choose?**

**Spinning**

A non-impact cardio vascular class which burns calories fast. Spinning tones and strengthens legs and abs, improves overall fitness, posture and balance.

**(Places are limited so please book in advance, if you book & do not turn up you may be charged)**

**Hydro Spin**

A water based class combining the dynamics of spinning with the additional benefit of a total body workout. Water provides resistance and buoyancy, toning muscles in legs, arms and abs.

**Pilates**

Involves strengthening the muscles around the centre of your body, these include your abdominal muscles, your lower back, upper & middle back & the muscles that are responsible for your posture.

**Legs, Bums 'N' Tums**

Concentrates on tightening the abs, thighs and buttock area using various pieces of equipment. Expect firmer buttocks, toned legs and a flatter stomach as a result.

**Pump FX**

Lose weight, tone and condition your body in record time, with this high repetition light weight training class.

**Ab Blast**

Intense half hour workout for all abilities, using plates and floor exercises. Working on the whole area of the abdominals including lower tummy work. Get a wash board flat tummy, or sculpt the 6 pack you've always wanted.

**Aqua Toning**

Body conditioning in water using foam dumbbells and resistance in water. Ideal for all ages and abilities. Has the ability to burn lots of calories due to interval training during the class. Burns up to 500 calories per 45 minute session.

**Body Conditioning**

Aerobic start to burn a few calories whilst warming up all your legs and core using plates and bars, adding conditioning to the whole upper body including arms shoulders and back. Strengthens conditions and tones.

**Zumba**

A fitness based dance class combining aerobics with a Latin dance. Great fun bringing great results. Try **Zumba Gold** for beginners.

**Freestyle Fitness Yoga**

A class that targets flexibility, core stability and strength through deep stretching, Yoga postures and Pilates exercises. Improve flexibility greatly in just 8 weeks. There is no dogma, chanting or philosophy involved in this workout.

**Kettlebells**

A combination of cardiovascular, strength and flexibility training. Work all the major muscles, especially core, glutes and hamstrings. Tones the body and burns calories.

**Fitness Circuit**

A new and exciting workout taking place in the fitness suite. Improve overall fitness and tone up using resistance equipment as well as many other pieces of training equipment including, spinning bikes, kettlebells, skipping ropes and much more.

**Please inform the instructor at the beginning of the session if you have any medical issues that may affect you participating in the class.**