

Day	Time	Class	Location	Price
<b>Monday</b>	17:25 - 18:10	Functional Strength	Dance Studio	£6.30
	18:15 – 18:45	Ab Blaster	Dance Studio	£4.70
	18:45 – 19:30	KETTLERCISE <sup>®</sup>	Dance Studio	£6.30
<b>Tuesday</b>	19:35 - 20:05	Aqua Aerobics	Swimming Pool	£4.70
	17:00 - 17:45	Pilates	Dance studio	£6.30
	17:45 – 18:30	Pump It!	Dance Studio	£6.30
	18:35 – 19:05	Express Spin	Dance Studio	£4.70
	19:15 – 20:00	Core & Stretch	Dance Studio	£6.30
	19:15 – 20:00	Aqua Aerobics	Swimming Pool	£6.30
<b>Wednesday</b>	17:15 – 18:00	Pump It!	Dance Studio	£6.30
	18:00 – 19:00	Pilates	Dance Studio	£6.30
	19:00 – 19:50	KETTLERCISE <sup>®</sup>	Dance Studio	£6.30
<b>Thursday</b>	17:15 – 18.00	Body Conditioning	Dance Studio	£6.30
	18:05 – 18:35	Express Spin	Dance Studio	£4.70
	18:40 – 19:25	Clubbercise <sup>®</sup>	Dance Studio	£6.30
<b>Friday</b>	18.00 – 18.45	Spin	Dance studio	£6.30
<b>Saturday</b>	09:15 - 09:45	Metafit <sup>®</sup>	Dance Studio	£4.70
	09:45 - 10:30	Core & Stretch	Dance Studio	£6.30

Times and activities are subject to change, please contact reception on 01536 713708 for further information on the classes provided. Classes will run subject to availability. Members can pre-book a week in advance by phone, at reception or via the FitSense app. Casual users must provide payment prior to attendance. Please cancel your booking if you are no longer able to attend the class. \* Terms and conditions apply.

\* Users must be 16 years or older to participate in fitness classes. Please ensure that any medical conditions/injuries are disclosed to the instructor prior to the class.

## Class Description

Ab Blaster - 30-minute burst to improve your core strength and work those ab

Aqua Aerobics – A great all-over workout in the water. The water supports the body, putting less stress on the joints and muscles. Lots of fun for all!

Functional strength- A 30-minute fitness class that focuses on interval training for the whole body. This class can be adapted to suit all fitness levels.

Clubbercise<sup>®</sup> - is a fun full body workout with a banging soundtrack that gets great results. The routines combine dance, toning and combat moves with options to suit all fitness levels. Classes are held in a darkened room with disco lights and our trademark LED glow sticks

Core & stretch – A class to improve core, glutes and hip strength with big movement core exercises, followed by a focus on mobility, to release tension and improve your range of motion.

Express Spin Cycle - A great way to keep fit, burn fat and improve your cardiovascular fitness. Suitable for all levels as you control the resistance

KETTLERCISE<sup>®</sup> - 'one piece of equipment, one goal'. This program delivers a lean, toned body .....*fat burning just got simple.*

Metafit<sup>®</sup> - the original group X HIIT workout. 30 minute, non-choreographed, bodyweight only workouts that set the metabolism on fire, Metafit<sup>®</sup> works

Pilates - is a system of physical and mental conditioning that can enhance your physical strength, flexibility, and co-ordination as well as reduce stress, improve mental focus, and foster an improved sense of well-being

Pump It! - An all over barbell-based workout which will tone and condition the whole body.

Body Conditioning - A combination of cardio and resistance work to create a full body workout.