



# WINTER



MONDAY	
7.00am – 8.00am	MONDAY MORNING MIX
10.15am – 11.00am	CARDIO CORE
6.00pm – 6.30pm	SPIN
6.30pm – 7.15pm	BODY CONDITIONING
TUESDAY	
10.15am – 11.00am	FULL BODY BLAST
6.00pm – 7.00pm	BOX FIT
WEDNESDAY	
6.00pm – 7.00pm	BOOTCAMP
6.15pm – 7.15pm	PILATES
THURSDAY	
10.15am – 11.00am	BODY CONDITIONING
6.00pm – 6.30pm	SPIN
6.15pm – 7.15pm	YOGA
6.30pm – 7.15pm	BOAT CLUB PUMP
FRIDAY	
7.00am – 8.00am	FRIDAY MORNING CIRCUITS
6.00pm – 7.00pm	CIRCUITS
SATURDAY	
9.30am – 10.00am	CARDIO BLAST
10.00am – 10.45am	SWISS BALL

**ALL CLASSES ARE FREE TO MEMBERS AND MUST BE PRE BOOKED AT RECEPTION  
UP TO 1 WEEK IN ADVANCE**

**02890 665012**

**MONDAY MORNING MIX** – New early morning class that will be a mix of classes and exercises to start your week off with a bang

**CARDIO CORE** – Monday morning class using our swiss balls that targets the core and will improve balance and posture while conditioning your muscles

**SPIN** – 30-minute cardio vascular workout that will improve your strength, speed and endurance

**BODY CONDITIONING** – (Monday) a full body workout using weights that will improve your strength and conditioning levels

**FULL BODY BLAST** – this is a very popular morning class that will be a mix of exercises designed to improve all areas of fitness

**BOX FIT** – class based around boxing training and conditioning work, a wide range of boxing exercises and drills with plenty of ab work included

**BOOTCAMP** – a tuff midweek class that will be high intensity and plenty of hard work from the start

**PILATES** – a system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness.

**BODY CONDITIONING** – (Thursday) a mid-morning class designed to target those legs, bums and tums

**YOGA** – a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practised for health and relaxation

**BOAT CLUB PUMP** – Thursday night pump is a great class that uses weights and a stepper with a full body session that will leave you pumped

**CIRCUITS** – Friday morning and night circuits to leave you pumped for the weekend, a mix between weights and cardio with a wide range of exercises

**CARDIO BLAST** – a great way to start your weekend, 30 minutes of pure cardio that will exercise your lungs, burn fat and get the heart rate going that will include a mix of spin/sprints/skipping/insanity and more

**SWISS BALL** – Saturday morning class using our swiss balls that targets the core and will improve balance and posture while conditioning your muscles

