

# Class Time Table



## MONDAY

- 10'30 Circuit
- 12'00 Gym induction
- 18'00 Spin Fit
- 19'30 Aqua Aerobics
- 20'00 Gym induction

## TUESDAY

- 10'30 Full Body
- 13'00 Gym induction
- 17'00 Gym induction
- 18'00 Spin Circuit
- 19'00 Abs class

## WEDNESDAY

- 10'30 Fit and Tone
- 13'00 Gym induction
- 17'30 Bum Burn
- 18'15 Abs class
- 19'30 Aqua aerobics

## THURSDAY

- 11'00 Gym induction
- 18'00 Body Pump
- 19.15 Gym Induction

## FRIDAY

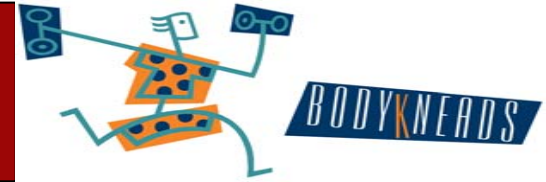
- 12'00 Gym induction
- 17'30 Super Circuit
- 19'00 Gym induction

## Additional

Swimming lessons  
Yoga classes  
Jive & Ballroom  
Relax Kids classes  
Available from Sep.

Next updated timetable available in September

# Classes explained



**CIRCUIT / FULL BODY / BODY PUMP / BOOT CAMP:** A combination of both cardio and weight training exercises. Each session is based on targeting the most of the muscles in the body. Intensity of the workout depends on the instructor. Each individual choose their own weights and train according to their own fitness levels. A great way to improve overall fitness and muscle tone.

**SPIN:** The majority of the workout is done on stationary spinning cycles. The instructor takes you through an intensive cardiovascular challenge, focussing on hill work, sprints and interval training. Not for the faint hearted... **BEGINNER SPIN** for those who would like to improve their basic fitness.

**BUM BURN:** A lower body workout, mostly popular with the ladies. This class focuses on improving muscle tone and weight loss in bum and legs. A fun way to exercise without even thinking about it.

**AQUA AEROBICS:** Non weight baring class using the resistance of the water to tone muscles and improve basic muscle tone. Pool accessories also used to intensify workout. Light to medium cardiovascular training included.

**ABS CLASS:** A short, but intensive workout for the abdominal muscles. A great way to strengthen your core muscles and work on that six pack!

**GYM CHALLENGE:** Each month there will be a new challenge for members to take part in. This is usually a fun event to try and improve on a certain equipment or exercise.

**GYM INDUCTION:** For new or existing members to get a proper induction of all the equipment in the gym. This also include our new power plate. Members can receive the latest workout and new exercises on the power plate during this session. Book in at reception.