

SUMMER CLASS PROGRAMME

2018

MONDAY

TIME	ACTIVITY	INSTRUCTOR
11.00 - 11.45	WATER AEROBICS	MAGDA/STEVE
17.30 - 18.00	LOWER BODY BURST	MAGDA
18.00 - 19.00	ZUMBA	JULIE

TUESDAY

TIME	ACTIVITY	INSTRUCTOR
10.00 - 11.15	DYNAMIC YOGA	ELAYNE
17.30 - 18.15	PILATES	MAGDA
18.15 - 19.15	MAGIC BARS	OLA

WEDNESDAY

TIME	ACTIVITY	INSTRUCTOR
11.15 - 12.00	ZUMBA	JULIE
17.30 - 18.00	UPPER BODY BURST	MARIA
18.00 - 19.00	FIT BODY BALL	MARIA
19.10 - 19.50	STRETCH & RELAX YOGA	ELAYNE

THURSDAY

TIME	ACTIVITY	INSTRUCTOR
11.00 - 12.00	PILATES	MAGDA
12.15 - 13.15	PILATES	MAGDA
18.15 - 19.15	MAGIC BARS	OLA
19.15 - 20.15	MAGIC BARS	OLA

FRIDAY

TIME	ACTIVITY	INSTRUCTOR
10.00 - 11.00	CIRCUITS	STEVE
17.30 - 18.00	TOTAL BODY BURST	MAGDA
18.00 - 18.45	BOXERCISE	CLAIRE



FREE for Premium Members / **£5** per class for Club Members / **£6** per class for Guests of Members

CLASSES AVAILABLE

2018

WATER AEROBICS

Total body workout without strain on muscles & joints. Have fun in the water!

ZUMBA

Low impact aerobics including dance moves with Latin & World rhythms. Express yourself!

PILATES

Focuses specifically on core muscles and helps promote flexibility, balance & strength. Feel leaner and stronger!

YOGA

Focuses on poses, breath, alignment, builds stamina & flexibility. Stretch and energise yourself!

MAGIC BARS

A workout with bars that challenges all major muscle groups. Use your power!

CIRCUITS

Focuses on body conditioning or resistance training using high intensity aerobics. It targets strength building & muscular endurance. Challenge yourself!

FIT BODY BALL

A class using a stability ball, challenging balance & core stability. It helps strengthen the whole body & improves body alignment. Strive for progress!

UPPER/LOWER BODY BURST

Intensive 30 minute workout focusing on burning calories, strengthening core and sculpting the upper or lower body.

BOXERCISE

Combining a variety of boxing drills using the pads and gloves along with effective body weight exercises. You can increase your strength whilst improving your cardiovascular and muscular endurance.

TOTAL BODY BURST

Intensive 30 minute workout focusing on strength, endurance & shaping the upper and lower body. Work up a sweat!