



## TIMETABLE OF GROUP CLASSES

**Summer 2018**

### STUDIO CLASSES

**£5.50** pay as you go per class or **Mix & Match 12 for 10** block booking (Equiv to less than **£4.60** per class)

All Mix and Match Sessions are valid for 8 months from the date of purchase and cannot be shared or transferred between clients.

<b>Monday</b>	9.45am – 10.45am 11.00am – 12.00pm 6.00pm – 7.00pm 7.00pm – 7.45pm	Trim & Tone Fitness Pilates Cardio Sculpt Freestyle Fitness Pilates	Angela Angela Emily Emily
<b>Tuesday</b>	9.45am-10.45am 11.00am – 12.00pm 6.00pm – 7.00pm 7.00pm - 8.00pm	Dance Fitness <b>HOT</b> Fitness Pilates Box & Burn <b>HOT</b> Fitness Pilates	Gemma Angela Angela/Emily Kim
<b>Wednesday</b>	10.00am - 11.00am 11.00am – 12.00pm 6.00pm – 6.45pm 6.00pm – 6.30pm 6.45pm-7.45pm	Active Fit Stretching Spin&Abs Tabata Power Plate Class Stretching	Angela/Gemma Angela Angela Emily Angela
<b>Thursday</b>	9.45am - 10.45am 6.00pm – 7.00pm	Legs Bums & Tums SpinBody Combo	Gemma Emily
<b>Friday</b>	9.45am - 10.45am 2.00pm - 3.00pm	Fitness Pilates Beginners Fitness Pilates	Emily Angela
<b>Saturday</b>	9.00am - 10.00am 10.00am – 11.00am	Fitness Pilates Circuits	Kim Angela

	<b>Pay As You Go</b>	<b>Block Booking</b> <i>Valid for 8 months from date of purchase</i>	<b>Monthly Memberships*</b>	<b>6 Month MEGA Membership*</b>
<b>Studio Group Class</b>	£5.50 Per Class	12 classes for £55.00	£45.00 per month* unlimited classes	<b>£70.00 per month for unlimited classes and unlimited personal training.</b>
<b>Personal Training 30 Minute Session</b>	£12.00 per session	12 sessions £120.00	£70.00 per month* Unlimited sessions	
<b>BOOK A FREE NO OBLIGATION PERSONAL TRAINING CONSULTATION</b>				
<b>Fitness Pilates Personal Training</b>	£25.00 for 45 minutes	N/A	N/A	

#### Bookings & Cancellation Policy:

**Booking is advisable as classes do get busy.**

If you are booked into any class and you fail to show up or give late notice of cancellation you will be charged for that session. We require at least

**24 hours' notice for all personal training sessions**

**4 hours' notice for Studio classes**

**Late cancellation charges will be charged separately to your membership payments**

	<p><b>Active Fit:</b> A slower paced class ideal for anyone looking for an introduction into fitness, or who is more mature, or who is recovering from illness or injury. Low impact and slower paced aerobic style warm up into strengthening body conditioning moves for the whole body. Core and balance work incorporated throughout the class as well. <b>Especially for total beginners or older clients.</b></p>
	<p><b>Box &amp; Burn:</b> An exciting class using the boxing bags and circuit style keeping in time to the upbeat music this class is full of energy. You will achieve a great cardio and body workout, burn fat and calories. Brought onto the timetable by popular demand! Come and enjoy the fun and hard work and see the results. <b>Intermediate level.</b></p>
	<p><b>CardioSculpt:</b> Starting with a warm up into cardio routines to boost fat burning and calorie burn you will work all areas of the body within this class. Slowing the pace down into body toning exercises and core work to strengthen and sculpt your body. <b>Suitable for all levels</b> as lower alternatives are always given. Always different.</p>
	<p><b>Circuits:</b> A form of body conditioning and resistance training using high-intensity aerobics targeting strength building and muscular endurance. Helping to burn fat and calories as well as tone up and lose weight working all areas of the body. Always a variety of challenging exercises to improve your fitness level. <b>Suitable for All Levels</b></p>
	<p><b>Dance Fitness</b> A more gentle class offering a dance based exercise using classics such as Latin American, waltz and ballroom as well as Disco, Bollywood and even a bit of line dancing in there as well. Low impact, suitable for everyone, loved by those who love to dance and have a bit of fun. Still gets a great calorie burn and works hard toning and shaping those arms and legs.</p>
	<p><b>Fitness Pilates</b> integrates a mix of the original exercises and ideas with modern research and updated techniques that are suitable for a group exercise class. It is a group exercise programme designed to enhance the posture, strength, balance and stability of a healthy adult. Improve your posture, flexibility and strengthen your body. A gentle but very effective exercise class, using original Pilates moves developing them into functional exercises to help everyday movements. Mainly Mat Based <b>All Abilities</b></p>
	<p><b>Hot Fitness Pilates:</b> Working moves in up to 30degrees heat to increase your heart rate burning calories. De-toxing your systems at the same time. Get better stretching and flexibility whilst relaxing the mind and getting in tune with your body. <b>Not for complete beginners at Pilates.</b> Fantastic for fat burning, flexibility and core strength.</p>
	<p><b>Legs Bums &amp; Tums:</b> Shaping and toning exactly those areas. A variety of exercise styles delivered within this class to give a low impact aerobic warm up with body conditioning workouts particular to shaping the lower body. <b>Suitable for All Levels.</b></p>
	<p><b>Spin&amp;Abs:</b> 30 minutes of cardio spin bike work including sprints, standing climbs, seated climbs and jumps all choreographed to music. A great class to improve your cardio workouts. To finish off with we work abdominals and then stretch out.</p>
	<p><b>Spinbody Combo:</b> A great cardiovascular workout with little impact on your joints. Working on a fixed gear bike with specially chosen music to focus and motivate you through your workout. The bike work will be a mix of hill climbs, both seated and standing for more advanced riders, flat roads and sprint tracks .Combining this with resistance work with either weights, kettlebells, bars, bands and core and mat work to strengthen and shape your muscles. <b>Every week will be varied to keep the interest and it will work every part of the body.</b> <b>A great class for all levels and abilities</b></p>
	<p>Just as it says. A class dedicated to stretching all parts of the body. Working through a variety of stretches to help improve flexibility and feel great. <b>Suitable for everyone.</b></p>
	<p>High Intensity Interval Training using the Tabata Style. 20 seconds on 10 seconds off x 8. Repeated with all different exercises using Power Plate and the cardio equipment in the Personal Training Studio. <b>Booking essential.</b></p>
	<p><b>Trim &amp; Tone:</b> An aerobic warm up to get your heart rate up and start burning fat. Coordinating with some unique body conditioning moves you will see your body change shape with this class. Hard working and always different worked to the level of class participants. <b>Suitable for all levels.</b></p>

The level indicators are for guidance only. If you are uncertain about what class to try please ask.

All class participants must have completed a health questionnaire before taking part in a class Fitness Vibes. If you are uncertain please seek medical advice from your own GP before participating in any physical activity.