Activity Schedule

AW11

Classes

Circuits
A simple to follow effective workout consisting of a series of short bursts of a variety of cardiovascular/calorie burning movements and muscle toning/strengthening exercises.

Spinning
A really effective, motivating calorie burning/cardiovascular workout on our indoor cycles that involves no routines or need for co-ordination.

Mix
A different class each week

Beginners Spin Circuits
Basic Circuit exercises combined with light Spinning intervals.

Stability
Improve your stability, balance and strength.

LBD
A toning class to help you get in shape for the festive season and look great in your Little Black Dress.

Boxercise
A fun and energetic circuit style class working your entire body including boxing style stations such as focus pads, skipping ropes and medicine balls.

Total Abs
A short class dedicated to toning and strengthening the muscles in the abdominal and lower back area for a firmer body and better posture.

Yoga
Develop a sense of inner wellbeing and calm with this traditional eastern discipline combining strength and flexibility through a series of movements linked with a focus on breathing.

Monday
Minimum 5 attendees
£7 Members, £8 Non Members
6 or more attendees
£6 Members, £7 Non Members
Wednesday
£6 Members, £7 Non Members

Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning		SPINNING 07:30 – 08:30		SPINNING 07:30 – 08:30	
Lunchtime	CIRCUITS 12:10 – 12:55		TOTAL ABS 12:00 – 12:25		TOTAL ABS 12:00 – 12:30
		MIX 12:15 – 13:00	YOGA 12:30 – 13:30 *Additional charge**	BOXERCISE 12:15 – 13:00	
Afternoon					
	YOGA 17:30 – 18:30 *Additional charge**		SPINNING 17:30 – 18:15		

Nuffield Health