

GYM TIMETABLE - APRIL 2012

	Mon	Tues	Wed	Thurs	Fri
Morning	07:10 - 08:15 Tri Club SIMON	07:05 - 07:30 Morning Core ADAM	07:15 - 08:00 Studio Cycling ADAM/SIMON	07:10 - 08:15 Tri Club SIMON	07:15 - 08:00 Spin & Core SIMON/ADAM
					08:15 - 08:45 Morning Core SIMON/ADAM
Lunchtime	12:10 - 12:50 Studio Cycling SIMON/ADAM	12:05 - 12:55 Body Pump ADAM	12:10 - 12:45 Circuits SIMON	12:15 - 12:45 Studio Cycling SIMON	12:10 - 12:45 Circuits ADAM
	13:05 - 13:45 Body Balance LAUREN	13:10 - 13:30 Core Circuits ADAM	13:30 - 14:15 Body Balance NITA	13:05 - 13:55 Body Pump ADAM	
Evening	17:10 - 17:50 Zumba LAUREN	17:10 - 17:35 Core Stability SIMON	17:10 - 17:50 Body Combat TRISTAN	17:10 - 18:00 Body Pump ADAM	

Class Descriptions

Colour Key	GREEN = Beginner level AMBER = Familiar with moderate exercise RED = Experienced exerciser
Body Pump	This inspiring resistance training programme is the fastest way to get in shape. Guaranteed to shift body fat, it is suitable for men and women.
Body Balance	BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm.
Tri Club	Aimed at all levels from beginner through to experienced competitors. British Triathlon Association based training principles covering all aspects of races/training through all varying course distances.
Body Combat	Non-contact Martial Arts based fitness class using techniques from Karate, Tae kwon do, Kung-fu, Muay Thai and Tai chi - A great cardiovascular workout.
Core	A class designed to strengthen core muscles to help improve posture and keep injury free. Using Swiss balls, resistance bands and bodyweight exercises. Suitable for all.
Run Club	Group run led by an instructor with local routes from 4k upto 10k distances. All levels catered for - Beg speed approx 8/9kph 20mins duration - Int speed 10/11kph 30mins duration - Adv speed 12.5kph+ 45mins duration
Boot Camp	Total body workout class using a variety of light weight/high repetition and bodyweight only exercises.
Zumba	Zumba is a Latin inspired dance fitness class suitable for all levels - Choreographed to Salsa/Latin music, very popular so please be sure to book in advance!