

# AUTUMN 2020/2021 GROUP FITNESS



STUDIO 1	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00am	45 LES MILLS <b>BODYPUMP</b>		45 Ripples FT	45 LES MILLS <b>BODYPUMP</b>	30 Ripples HIIT		
6.30am					30 Ripples CORE		
8.30am						60 LES MILLS <b>BODYCOMBAT</b>	60 LES MILLS <b>BODYPUMP</b>
9.30am	60 LES MILLS <b>BODYCOMBAT</b>	60 LES MILLS <b>BODYPUMP</b>	45 Ripples BOXING	45 LES MILLS <b>SH'BAM</b>	60 LES MILLS <b>BODYPUMP</b>	30 LES MILLS <b>BODYPUMP</b>	60 LES MILLS <b>BODYBALANCE</b>
10.00am						30 LES MILLS <b>BODYSTEP</b>	
10.30am	45 Ripples FT	60 LES MILLS <b>BODYBALANCE</b>	30 Ripples CORE	45 Ripples FT	60 Ripples YOGA		
10.45am						30 Ripples FT	
11.15am						30 Ripples CORE	
1.30pm	45 Ripples YOUNG AT HEART				45 Ripples YOUNG AT HEART		
5.00pm	45 Ripples FT						
5.30pm		30 Ripples CORE	30 LES MILLS <b>BODYSTEP</b>	30 Ripples HIIT	45 LES MILLS <b>SH'BAM</b>		
6.00pm	60 LES MILLS <b>BODYPUMP</b>	60 LES MILLS <b>BODYCOMBAT</b>	45 Ripples BOXING	30 Ripples CORE			
6.30pm				60 LES MILLS <b>BODYPUMP</b>	60 LES MILLS <b>BODYBALANCE</b>		
7.00pm	45 LES MILLS <b>SH'BAM</b>	60 Ripples YOGA	45 LES MILLS <b>SH'BAM</b>				

STUDIO 2	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00am		45 LES MILLS <b>RPM</b>					
8.00am						45 LES MILLS <b>RPM</b>	
5.30pm			45 LES MILLS <b>RPM</b>				
6.00pm		45 LES MILLS <b>RPM</b>					

# AUTUMN 2020/2021 AQUATIC FITNESS



INDOOR POOL	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00am		45 Ripples AQUA DEEP					
9.30am	60 Ripples AQUA	60 Ripples AQUA	60 Ripples AQUA	60 Ripples AQUA	60 Ripples AQUA	60 Ripples AQUA	45 Ripples AQUA DEEP
11.00am					45 Ripples AQUA DEEP		
1.30pm			45 Ripples YOUNG AT HEART				
7.00pm	60 Ripples AQUA	45 Ripples AQUA DEEP	60 Ripples AQUA	45 Ripples AQUA DEEP			

## CLASS DESCRIPTIONS

**AQUA AEROBICS:** Moderate intensity workout suitable for all levels and ages. This low impact form of exercise uses water resistance to increase muscle strength, build endurance and increase flexibility. Aqua Aerobics is great for those with joint injuries like arthritis.

**AQUA DEEP:** Flotation belt provided, strengthen your core muscles. A water based exercise class held in the 2 metre deep pool.

**BODYBALANCE®:** Ideal for anyone and everyone that will improve your mind, your body and your life. Stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

**BODYCOMBAT®:** Aerobic training programme that combines moves & stances developed from a range of self defence disciplines into a take-no-prisoners energetic routine.

**BODYPUMP®:** A group barbell programme that challenges every major muscle in your body.

**BODYSTEP®:** A great cardio body workout using a step to tone your butt & thighs.

**BOXING:** Working on hand - eye coordination as well as cardiovascular fitness.

**CORE:** Class aimed at working your abdominal muscles to the max! Designed to improve strength, posture & flexibility.

**FT:** Functional training class, training your body for daily life activities. Most functional exercises contain multi-joint movements. Improving strength in your knees, hips, shoulders & abdominals.

**HIIT:** High intensity interval training for intermediate to advanced participants, designed to increase fitness & promote high fat burn.

**RPM®:** Indoor cycle class based on outdoor riding.

**SH'BAM®:** Designed for all fitness levels. It features simple but seriously hot dance moves.

**YOUNG AT HEART:** Designed for over 50's. It is low impact with the emphasis on fun while getting fit, followed by coffee & chat.