



SUMMER 2011 FITNESS TIMETABLE

Monday

18:30 – 19:30	Pilates	Pip **
19:30 – 20:15	Aquacise	Susan **
19:45 – 20:45	Pilates	Pip **

Tuesday

06:00 – 06:45	Spin	Colm *
07:00 – 07:45	Gym Cardio Circuit	Colm *
07:00 – 07:45	Gym Cardio Circuit	Colm *
09:15 – 10:00	Spin	Colm *

Wednesday

10:00 – 11:00	Zumba Fitness	Dee **
11:00 – 11:45	Gym Cardio Circuit	Colm *
14:00 – 15:00	Zumba Fitness	Antie **
19:00 – 19:45	Aqua	Susan **
19:15 – 20:00	Spin	Colm *
20:00 – 21:00	Zumba Fitness	Dee **

Thursday

06:00 – 06:45	Gym Cardio Circuit	Colm *
07:00 – 07:45	Spin for All	Colm *
09:30 – 11:00	Yoga	Elle **
11:00 – 11:45	Beginner Spin	Colm *
19:00 – 19:45	Bums & Tums	Dwayne **

Friday

10:30 – 11:30	Zumba Fitness	Dee **
14:00 – 15:00	Body Conditioning	Antie **
16:00 – 16:45	Childrens ZumbAtomic	Dee/Susan **
19:00 – 19:45	Spin for All	Colm *
20:00 – 20:45	Box Fit	Dwayne **

Saturday

08:30 – 09:15	Spin	Colm *
11:00 – 11:45	Gym Cardio Circuit	Dwayne **
14:00 - 15:00	Family Fun Time	Colm *

Sunday

None

Extra Charge **
Free of Charge *
(Guests Must Pay Full Charge)



CLASS DESCRIPTIONS

Aqua: A non-impact aerobic workout in the water that is designed to give you an excellent heart rate workout while toning the body at the same time.

Spinning: Fun, variative exercise to choreography and music.

Gym Circuits: Circuit training with a difference with the Full Range of Cardio Equipment in the Gymnasium. A whole body workout for those who like a challenge.

Zumba Fitness: Latin and International music with a fun and effective workout system

Yoga: Healthy yoga work by releasing tension from the mind and body. The poses help to stretch and tone the muscles, joints and the spine, improve posture, which leads to a sense of self confidence and improve physical health.

Pilates: Pilates Exercise is a method of Body Conditioning based on using positioning & gravity to work the muscles.

Box Fit: (Male & Female) If you want to increase your overall fitness levels, shift those stubborn fatty areas or just get in shape whilst having loads of fun, then this is the one for you. All levels are welcome.

Childrens ZumbAtomic: Zumba for all the Kids, fun and active for all your younger children who want to try this new and exciting workout technique.

Body Conditioning: Body conditioning is one of the best classes for those looking to improve their overall fitness and tone up. It's completely adaptable to all fitness levels, and the aerobics section won't leave those more "co-ordinately challenged" trying to escape out the back door. So whether you're a beginner or a pro, give it a go!

Bums & Tums: The class is a full body aerobic workout that aims to tone up those flabby areas of your thighs, bum and stomach - great for those who want to lose weight or who simply want to increase their fitness levels

Sat Family Fun Hr: Family Fun Time for all Parents & Children in the pool with Floats & Pool Toys. (Pool is limited to the amount of use so please book to avoid disappointment – please also note that this is for **residents only**).

**SORRY, BUT IT'S A MINIMUM OF 3 PEOPLE PER CLASS
TO COMMENCE, OR CLASS WILL BE CANCELED.**

**Please book classes to be guaranteed a place
Please call the club direct to book into any class, or for
further information on 020 8392 9404**

