

# WELLNESS CLASS TIMETABLE

## MONDAY

TIME	CLASS	CRECHE	COST
09.30-10.15	Gentle Exercise	✓	£2.25
09.30-10.30	Spinning	✓	£6.25
10.45-11.30	TRX	✓	£6.25
10.30-11.30	Body Pump <i>LES MILLS</i>	✓	£6.75
11.30-12.00	Metafit		£4.75
11.30-12.30	Body Balance <i>LES MILLS</i>		£6.75
16.30-17.15	Teen Spinning* (Term Time)		£3.75
17.55-18.55	Pilates		£6.75
18.00-19.00	Body Pump <i>LES MILLS</i>		£6.75
18.30-19.15	TRX		£6.25
18.30-19.30	Jog Scotland/Gazelles		£1.00
19.00-20.00	Body Attack <i>LES MILLS</i>		£6.75
19.15-20.00	TRX		£6.25
20.00-21.00	Body Balance <i>LES MILLS</i>		£6.75

## WEDNESDAY

TIME	CLASS	CRECHE	COST
07.00-07.30	Metafit		£4.75
09.30-10.30	Body Pump <i>LES MILLS</i>	✓	£6.75
09.30-10.30	Body Balance <i>LES MILLS</i>	✓	£6.75
09.45-10.30	TRX	✓	£6.25
10.30-11.15	TRX	✓	£6.25
10.35-11.20	Gentle Exercise		£2.25
13:00-14:00	Walking Football		£2.25
18.00-19.00	Body Pump <i>LES MILLS</i>		£6.75
18.00-19.00	Boxercise HIIT		£6.25
19.00-20.00	Body Attack <i>LES MILLS</i>		£6.75
19.05-19.35	CXWORX <i>LES MILLS</i>		£4.75

## FRIDAY

TIME	CLASS	CRECHE	COST
06.30-07.00	HIIT		£4.75
09.30-10.30	Body Conditioning	✓	£6.25
10.30-11.30	Body Pump <i>LES MILLS</i>	✓	£6.75
11.00-12.00	Walking Group		£2.25
18.00-18.30	Metafit		£4.75
18.30-19.30	Spin – Friday Floorfillers		£6.25

## TUESDAY

TIME	CLASS	CRECHE	COST
06.30-07.00	CXWORX <i>LES MILLS</i>		£4.75
09.30-10.30	Body Vive <i>LES MILLS</i>	✓	£6.75
09.30-10.30	Pilates	✓	£6.75
10.30-11.30	Body Balance <i>LES MILLS</i>	✓	£6.75
10.30-11.30	Boxercise	✓	£6.25
11.30-12.15	Seniors Dance		£3.00
18.00-18.30	Metafit		£4.75
18.30-19.30	Spinning		£6.25
18.30-19.00	Metafit		£4.75
19.00-20.00	Kettlebell Fitness		£6.75
19.00-20.00	Yoga		£6.75

## THURSDAY

TIME	CLASS	CRECHE	COST
07.00-07.30	SPRINT <i>LES MILLS</i>		£4.75
09.30-10.30	Circuits & Abs	✓	£6.25
13.00-14.00	Senior Table Tennis		£2.25
18.00-19.00	Circuits & Abs		£6.25
18.00-19.00	Body Vive <i>LES MILLS</i>		£6.75
18.30-19.30	Jog Scotland/Gazelles		£1.00
18.30-19.00	SPRINT <i>LES MILLS</i>		£4.75
19.00-20.00	Kettlebell Fitness		£6.75
19.05-20.05	Body Pump <i>LES MILLS</i>		£6.75
20.05-21.05	Body Balance <i>LES MILLS</i>		£6.75

## SATURDAY

TIME	CLASS	CRECHE	COST
09.00-10.00	Tabata		£6.25
09.30-10.30	Yoga		£6.75
10.00-11.00	Body Attack <i>LES MILLS</i>		£6.75

## SUNDAY

TIME	CLASS	CRECHE	COST
09.30-10.30	Spinning		£6.25
10.30-11.30	Body Pump <i>LES MILLS</i>		£6.75
16.00-17.00	Adult Table Tennis		£5.00

PLEASE NOTE: Any classes shown in red are not included in the memberships (\*Academy age only)

# CLASS DESCRIPTIONS

## Body Attack

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories\* and leaving you with a sense of achievement.

## Body Balance

Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

## Body Conditioning

This class is for people of all fitness levels and abilities. It is a challenging workout designed to improve CV Fitness and body shape by using a variety of equipment.

## Body Pump

The original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast!

## Body Vive

Step into a BODYVIVE class and you can be sure you're heading into one of the safest and most effective workouts around. The challenging mix of lunges, squats, running and tubing exercises will help you burn up to 490 calories each class\*. The great music will leave you fizzing with energy and feeling great.

## Boxercise HIIT

One of the most effective forms of cross-training available today. It combines use of both aerobic and anaerobic systems along with enhancing sports specific senses, including hand-eye co-ordination, balance and timing. Boxercise classes are always fun, energetic and addictive.

## Circuits & Abs

This class involves a mixture of weighted and body weight exercises. A workout for everyone with effective exercises to help tone and strengthen all muscles targeting the core/abdominal muscles in particular.

## CXWORX

All the moves in CXWORX™ have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

## HIIT

This 30minute HIIT class is designed using a combination of body weight and cardio exercises. These exercises are carried out at high intensity with short intervals to push your body and fitness to the next level. Exhilarating for all fitness levels giving an incredible workout.

## Kettlebell Fitness

Kettlebell Fitness (workshop required), this class improves core strength & fitness, increases endurance, flexibility and mobility while reducing body fat, Kettlebells is guaranteed to change your body shape!

## Metafit

Created by a former Royal Marine Commando, Metafit™ combines traditional bodyweight exercises with the latest HIIT training techniques to set the metabolism on fire!

## Pilates

It is a safe, sensible exercise system that will help you look and feel your very best. It teaches body awareness, good posture and easy, graceful movement. Pilates also improves flexibility, agility and economy of motion. It can even help alleviate back pain.

## Senior Dance Class

Our dance class is aimed to provide participants with gentle cardio, mobilisation and co-ordination exercises to challenge not only the body but mind. The class pulls on techniques from ballet, contemporary and jazz.

## Spinning

One of the great things about the Spinning program is that it is adaptable to your fitness level. Remember that there's no competition. Listen to your body and adjust the resistance on your bike accordingly.

Try out our new Floorfillers Club Night Themed Spinning class!! All the best dance tunes from the 80s/90s/2000s for a full hour to keep you motivated and get you ready for the weekend!

## SPRINT

Is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort.

## Tabata

This high intensity class will give you huge cardiovascular and weight loss benefits.

## Teen Spin & Teen Gym

Teen Spin classes run from the second week of term until the last week of term and is available to all academy aged teens on a pay as you go basis. Teen Gym is available to 15 year olds 6 days a week, please see our Teen Timetable for details.

## TRX

Delivers a fast, effective total-body workout. Helps build a rock-solid core. It will increase muscular endurance and benefits people of all fitness levels (pro athlete to seniors) by utilising your own bodyweight. The TRX Suspension Trainer provides greater performance and functionality than large exercise machines costing thousands.

## Yoga

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures and breathing. Most studies suggest yoga is a safe and effective way to increase physical activity, especially strength, flexibility and balance. There's some evidence that regular yoga practice is beneficial for people with high blood pressure, heart disease, aches and pains – including lower back pain – depression and stress.