### Fitness Suite - Term Time

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## Fitness Suite - School Holidays

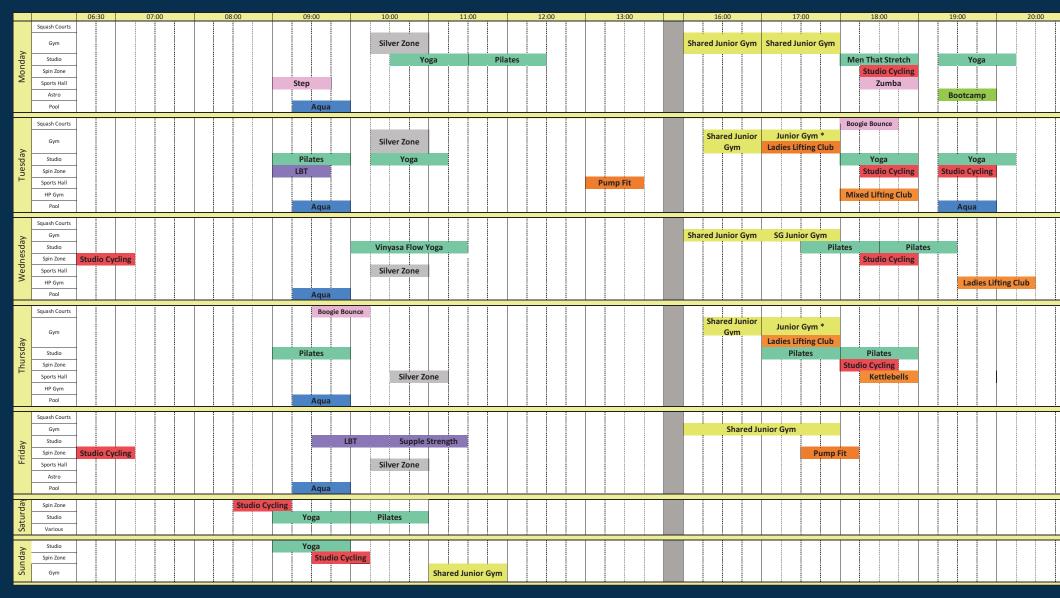
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\*These sessions have shared use of the fitness suite. Limited spaces available for members and juniors. Please book where possible.

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# **Class Timetable**



Adult

Senior

Price List

Mind & Bod Toning Studio Cyclin Strength/Cor Junior Fitnes Dance

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Studio Cycling - A high-intensity exercise class on a stationary bike. Sessions are structured and incorporate vasrious training modalities including power training, heart rate training and rhythem riding to the music. The studio cycling experience provides a fun and exciting atmosphere.

Circuits - A circuits based class focusing on strength and conditioning. A mixture of body weight work, resistance exercises, core and cardiovascular exercise to suit all abilities.

**Bootcamp** - A high intensity class aimed at building both strength and muscular endurance. Sessions can include a mixture of cardiovascular, bodyweight and resistance exercises. Individually or through teamwork you will be encouraged by the instructor to reach new limits in personal performance. Kept outside all year round.

being.

**Pilates** - Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

capability.

£85.00 (does not include 90 min yoga)

**Yoga** - Yoga is an ancient practice that involves physical poses, concentration, and deep breathing. A regular yoga practice can promote endurance, strength, calmness, flexibility, and well-

Men That Stretch - A focus on flexibility, mobility and strength in this power yoga inspired session. A great way to future proof your body and expand your physical

Aqua - Water based aerobic exericse class. A great low impact class using the water to create resistance. Improves cardiovascular fitness aswell as strengthing muscles and condtioning the body. A combination of shallow and deep water exercise using only body weight and with the aid of sponge noodles and dumbells.

Kettlebells - This class ustilises the kettlebell for a variety of exercises that will help you to build muscle, increase strength and improve your flexibility and balance.

**Pump fit** - Pump Fit is a barbellbased, resistance workout that's specifically designed to help you get toned, lean and fit. During this class you'll target all of you major muscle groups (as we squat, lift, press and curl). Suitable for all levels.

Supple Strength - Tai Chi, yoga and pilates all in one whole body workout. Guarenteed to improve cardiovascualr and muscualr endurance as well as flexibilty.

LBT - Legs, bums and tums; Low impact, high volume workout designed to target the lower body and core using a variety of body weight, resistance band and fitball exercises.

Step - Step aerobics is a form of aerobic exercise that involves stepping on and off a small platform/bench while doing upper body movements. The choreographed moves are done as moderate to high intensity cardiovascular workout and will get your heart pumping and challenge your stamina and coordination.

Boogie Bounce - A high energy, dance inspired workout performed on trampolines with a T-bar handle. Choreographed. fun, low impact routines that are suitable for all. Non slip socks must be worn.

Zumba - Danced based group fitness classes that are fun and make you feel amiazing. Zumba mixes low-intensity and highintensity moves for an intervalstyle, calorie burning dance fitness party.

Silver Zone - A low impact class especially designed for our over 50 members. The variety of exercises makes the workout fun and keeps you motivated through the session. This class is a great way to become fitter, healthier and to meet people.

Junior Gym - Gym sessions for ages 11-15 years that provide them with a fun and safe environment to kickstart their love of fitness. Instructors are always on hand to educate particpants to ensure they are able to get the most out of their workouts.

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