



# FITNESS SCHEDULE

We offer a wide range of group fitness classes to suit many interests and abilities. The cost of attending our fitness classes is included in the Gold and Dryside membership fee so it's as easy as booking your place and turning up.

## Monday

Cardio Tone	6.30pm - 7.30pm	Vincent Room
Yoga	7:35pm - 8:35pm	Boston Room
Pilates	7.30pm - 8.40pm	Vincent Room
Bootcamp	7:30pm - 8.30pm	New Gym

## Tuesday

Spinning	6.25pm - 7.10pm	Vincent Room
Water Aerobics (Deep Water)	7.40pm - 8.25pm	Swimming Pool
Yoga	7.30pm - 8.30pm	Boston Room
Total Body Workout	7.30pm - 8.30pm	Vincent Room
Stretch 15min	8.30pm - 8.45pm	Vincent Room

## Wednesday

Strength and Tone	6.30pm - 7.30pm	Vincent Room
Pilates	7.30pm - 8.30pm	Boston Room
Bootcamp	7.30pm - 8.30pm	New Gym

## Thursday

Legs/Bums/Tums	6:30pm-7:30pm	Vincent Room
Spinning (Express Spin)	7:40pm - 8.10pm	Vincent Room
Water Aerobics (Shallow Water)	7.40pm - 8.25pm	Swimming Pool
Yoga	7.40pm - 8.40pm	Boston Room

## Friday

Seishan Karate		
Beginners Children	6pm - 7pm	Boston Room
Advanced Children	7pm - 8pm	Boston Room

## Saturday

14-15 year old* Gym Session	1.00pm - 8.00pm	Fitness Suite
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## Sunday

14-15 year old* Gym Session	9.00am - 6.00pm	Fitness Suite
Sunday Spin	10am - 10.45am	Vincent Room

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## Abs Blast

A short but intense class designed to tone, build and strengthen the abdominals.

## Boot Camp

A circuit-style class that mixes traditional callisthenic and body weight exercises, with interval and strength training.

## Cardio Tone

If you're looking for a full body fat-burning and toning workout, this is for you.

## Legs Bums Tums

A toning workout for the ABS and lower body to shape, burn fat and improve flexibility.

## Pilates (Dynamic)

A fusion of classic and contemporary Pilates moves that uses resistance bands and medicine balls to develop a stronger core, leaner body and improved flexibility and stamina.

## Pilates

A popular and low-impact form of exercise that improves flexibility, builds strength and develops control and endurance in the entire body.

## Stretch 15mins

This class will support and improve your flexibility. Applicable to all fitness levels and abilities.

## Strength and Tone

This class will support and increase your physical strength through weighted and body weight exercises. Applicable to all fitness levels and abilities.

## Spinning

An intensive cycling class set to music and led by a certified instructor.

*Spin:* A class that aims to bring all the benefits of cycling indoors. speed, endurance and power will all be tested and improved in this 45 minute class.

*Express Spin: High intensity, short duration.*

*SundaySpin:* Designed with all abilities in mind. This class is suitable for all levels of fitness and spinning experience.

## Water Aerobics

A pool-based high energy and fun fitness class that incorporates a range of aerobic exercises to improve your overall level of fitness.

*Deep water//Shallow water*

## Wado-Ryu Karate

Free for members. Please show membership card on each attendance. For more information please phone 01277 899336.

## Yoga

Feel the tensions of the day fall away as you breathe deeply and unwind in this soothing class that's designed to stretch your body and calm your mind.