MARCH 2014 Class Timetable

Fairmont
ST ANDREWS, SCOTLAND

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:45	INDOOR CYCLING 45mins	L.B.T 45mins	INDOOR CYCLING 45mins	AFTER BURN 45mins	INDOOR CYCLING 45mins		
09:00						INDOOR CYCLING 45 minutes	INDOOR CYCLING 45 minutes
09:45	AQUA AEROBICS 45minutes	AQUA AEROBICS 45minutes	AQUA AEROBICS 45minutes	AQUA AEROBICS 45minutes	L.B.T (Starts 9.30) 45minutes		
10:30					CARDIO BEATS 45minuntes		
18:00	PILATES ** INDOOR CYCLING 30-45 minutes	BOXING CONDITIONING 45 minutes	YOGA** INDOOR CYCLING 30-45 minutes	BOXING CONDITIONING 45 minutes		**Classes marked ** have a surcharge of £3**	
19:00		KETTLEBELL** 60 minutes	CIRCUIT CLASS 45mins	INDOOR CYCLING 30-45minutes			

CLASS DESCRIPTIONS

NEW! - ***KETTLEBELL TRAINING*****–** The ultimate fat burning class. Feeling drained after a long day of work or studying? This class will blow off the cobwebs in no time and keep your body burning calories for up to 12hours after the session finishes! The instructor will lead and motivate you through a 60 minute fast paced workout with high levels of intensity and minimal rest, guaranteed to get the pulse pounding. ***This class is intended for participants of all levels of fitness and skill for a fun and intense workout***.

INDOOR CYCLING– A high intensity workout focusing on increasing aerobic fitness, weight loss and lower body muscular strength and endurance. It is the instructor's role to lead you through a challenging and motivating session in which the thighs, glutes, calfs, hamstrings and core stabilisers gain a great workout. The beauty of indoor cycling classes is that they offer each rider the option of tailoring the workout to their own abilities by adjusting their own bike and pedal speed.
Indoor cycling classes are 30-45 minutes long and are highly recommended for fat burning and increasing both cardiovascular and lower body endurance.

AFTERBURN CIRCUIT- A class designed to give our dedicated early morning Indoor Cyclists a break from the saddles. These classes consist of a combination of Indoor Cycling, and a fast paced, mixed bag of exercises off the bikes which will keep your body burning up the calories for long after your workout ends.
Afterburn Circuit classes are 45 minutes long and offer the same health benefits as Indoor Cycling, as well as exercises to improve the core and upper body.

AQUA AEROBICS– Aqua aerobics is essentially a low impact workout due to the buoyancy of the water reducing pressure on the joints while exercising. This however does not by any means deny any partakers the chance to work hard and achieve a challenging workout! The waters buoyancy can be used to achieve dynamic movements, focusing on improving the cardiovascular system and burning calories. The light foam dumbbells provided can also be used under the surface of the water to create resistance and increase upper body muscle tone and endurance.
Aqua aerobics classes last for 45 minutes and are for all ages and fitness levels wishing to maintain or increase aerobic capacity, balance, flexibility and muscular endurance.

L.B.T **–** A studio workout focusing on isolating, shaping and toning the muscle groups of three of the most commonly targeted areas of the body: Legs, **B**ums, and **T**ums!
L.B.T classes last for 45 -60 minutes

BOXING CLASS**–** Boxing based workouts are becoming more and more popular as a great way to increase aerobic capacity, lose weight and tone up as well as being an excellent stress reliever! Boxing training is a great way for those looking to implement something different into a training regime to get fit fast! Using a combination of protective gloves and pads, boxing can help increase fitness aspects such as power, cardio endurance and also good reflexes and form.
Boxing Conditioning is 45 minutes long and is a varied way of reducing body fat, increasing specific aspects of fitness and improving muscle tone/definition.

YOGA **–** The practice of yoga originates from ancient India and was designed to help the practitioner attain physical, mental and spiritual discipline. The benefits of the regular practice of yoga classes involve increased flexibility, better breathing control, mental calmness, stress reduction and the shaping and toning of the muscles used**.**
Yoga classes last for 60 minutes and are ideal for those wishing to improve physical and mental wellbeing through a low impact session that helps to improve upon the benefits mentioned above.

PILATES **–** Pilates is a method of exercise derived from the aspect of the mind having a strong control over muscles of the body. Pilates places a big focus on improving the core muscles which are largely responsible for maintaining a good, healthy posture. It also helps to tone other areas of the body using a variety of static holds and movements.
Pilates classes last for 60 minutes and help participants work towards improved posture, breathing, flexibility and muscle tone.

CARDIO BEATS**–** The latest craze in aerobic classes; Cardio Beats allows you to work out, de-stress and have fun at the same time. Combine rhythm and music on a fixed Swiss ball with a pair of drumsticks while utilizing the core and upper and lower body to get the heart pumping and bring the fun into fitness!
Cardio Beats classes last 45 minutes