

# January 2014 Class Timetable

Time	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<b>08:45</b>	INDOOR CYCLING 45mins – 600calories	L.B.T 45mins – 420 calories	INDOOR CYCLING 45mins – 600 calories	AFTER BURN CIRCUIT 45mins – 600 calories	INDOOR CYCLING 45mins – 600 calories		
<b>09:00</b>						INDOOR CYCLING 45-60 mins–700 <i>calories</i>	INDOOR CYCLING 45-60 mins-700 calories
<b>09:45</b>	AQUA AEROBICS 45mins – 300 calories	AQUA AEROBICS 45mins –300 calories	AQUA AEROBICS 45mins – 300 calories	AQUA AEROBICS 45mins – 300 calories	L.B.T (Starts 9.30) 45mins – 500 calories		
<b>10:30</b>					FLEXIBILITY <i>20mins</i>		
<b>18:00</b>	PILATES **  INDOOR CYCLING 30-45mins – 600 calories	BOXING CONDITIONING <i>45 mins – 600 calories</i>	YOGA**	BOXING CONDITIONING <i>45 mins – 600 calories</i>			
<b>19:00</b>		INDOOR CYCLING 30-45 mins – 600 calories	CIRCUIT CLASS 45mins – 420 calories	INDOOR CYCLING 30-45mins – 600 calories			

Classes marked \*\* have  
a surcharge of £3

**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, calves, 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 45 minutes long and are highly recommended for fat burning and increasing both cardiovascular and lower body endurance. On average, around 600 calories per session are burned.*

**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 water's 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. Around 300-400 calories are burned per session.*

**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, Bums, and Tums!

*L.B.T classes last for 45 -60 minutes and burn around 500 calories per hour.*

**Boxing Conditioning** – 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. An average of 600 calories can be burned per session.*

**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.*