

**CLASS TIMETABLE****Monday**

Aquacise	08.45 - 09.30	Pool Based	All
Kettlercise	09.15 - 10.15	High energy Workout	All
20/20/20	10.20 - 11.20	Low impact/Tone	All
Hatha Yoga	11:30 - 12.30	Suitable for all levels	All
Pilates	17:15 – 18:05	Mat Based	All
Pilates	18.10 - 19.00	Mat Based	All
Circuit	19.05 – 19:50	Full Body Workout	All

**Tuesday**

Tone & Stretch/Chill	09.15 - 10.30	Tone/Stretch/ Chill	All
Body fit	10.30 – 11.15	Aerobics, Strength, step	All
Martial Art*	16.00 - 17.00	Little Ninjas	B
Martial Arts*	17.00 - 18.00	Kids Combat	I
Metabolic Burn	18.05 – 19.00	High intensity workout	All
Bollywood Fitness	19:00 - 20:00	Asian Dance Workout	All

**Wednesday**

Pilates	08.30 - 09.25	Mat Based	All
Pilates	09.25 - 10.20	Mat Based	All
Weights &Conditioning	10.25 - 11.25	Weight Based	All
Line Dancing	11.30 - 12.30	Dance Class	All
Aqua circuits	18.30 - 19.15	Pool Based	All
Body Blitz	18.00 - 19.00	Strength , Conditioning	All

**Thursday**

L.B.T	09.15 - 10.00	Lower body workout	All
Stretch	10.00 - 10.30	Full Body Stretch	All
Martial Arts*	16.00 - 17.00	Little ninjas	B
Martial Arts*	17.00 - 18.00	Little Ninjas	I
H.Core Lean	18.15 - 19.05	Body weight HIIT	All
Gravity Yoga	19.15 - 20.15	Suitable for all levels	All

**Friday**

Aquacise	08.45 - 09.30	Pool Based	All
Dance Fiesta	09.00 - 10.00	Latin Dance	All
Fit Ball	10.00 - 10.45	Core Strengthening	All
Pilates	18.00 - 19.00	Mat Based	

**Saturday**

Bollywood Dance	09.00 - 09:45	High energy Dance	All
Sculpt & Tone	10.00 - 11.00	Tone	All

**Sunday**

Pump & Tone	09.30 - 10:30	Weighted Tone	All
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# Class description

**Aquacise** is a medium-to-low impact aerobics class performed in the swimming pool with a variety of music. Provides cardiovascular conditioning, muscle toning and improves balance.

**Kettlercise** Functional fitness. Kettlebells are used to work on muscle strength, endurance an effective cardiovascular workout.

**20/20/20** is an introduction to Movement, strength, core stability and balance. This is an excellent class if you are just returning to exercise.

**Hatha Yoga** This class *guides you through movement that develops strength, flexibility, with breath work and relaxation as well.*

**Gravity Yoga** Improve your flexibility and mobility with targeted stretching and breath-work

**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.

**Circuits** This is a station based workout, focusing on fitness and toning.

**Tone/stretch and Chill** is designed for all fitness levels, and *incorporates a full-body workout*, as well as targeted workouts for abs, legs arms, and core, then a relaxation section

**Metabolic Burn** Is high-intensity interval training workout which involves bursts of high-intensity strength and cardio exercises followed by brief periods of recovery.

**Bollywood /Bhangra** A blend of north & south Indian Dance moves. Fun dance cardio Workout.

**L.B.T** is *a full body workout* that aims to tone up those flabby areas of your thighs, bum and stomach.

**Dance Fiesta** is a Latin dance exercises to music class. Offering a total-body workout that can help develop stamina, endurance.

**H. Core Lean** Bodyweight HIIT. Just your own body weight, a fitness class you don't want to miss.

**Line Dancing** Gentle Exercise; Dance *Inspired Class*; Cardio Fitness; Strength & Conditioning.

**Fit Ball** is a class where you perform exercises on a large inflatable ball. The exercises challenge your muscles, helping to strengthen and build up the core muscles.

**Sculpt & Tone** A body sculpting class generally *combines cardiovascular, stretching and strength-training exercises to help burn calories,*

**Pump & Tone** offers a more strength focused workout. Training against a resistance not only promotes the healthy development of your muscles, but it also elevates your heart rate.

**Express Step** is a classic cardio workout improving your **overall fitness.**

**Body Tone** is designed for all fitness levels, and *incorporates a full-body workout*, targeting, Abs, legs arms, core