

# Class Description

## BOXERCISE

An all over body work out, working all muscle groups, improving cardiovascular fitness as well as learning several boxing moves.

## SPIN

A super effective cardio training, which brings the elements of bike riding into the health club. Highly motivating with the music & group atmosphere. Each person rides within their own heart rate target zone & at their own pace.

## STRETCH 'N' TONE

Basic aerobics class with hi & lo options including stretches for flexibility & balance and toning exercises.

## DYNAMIC YOGA - NEW!

Combines an ancient series of postures with a flowing breath & movement system. This combination increases strength, endurance & flexibility whilst clearing the body of accumulated toxins and emotional blocks. Very similar to astanga yoga and suits all levels.

## CARDIO COMBAT - NEW!

A series of energetic moves incorporating a range of kicks & punches taken from kick boxing, karate & tai chi. A fun class that you should not miss!!

## DANCE NITE

A warm up followed by stretches & basic dance routines to pop & chart music. Designed to achieve strength, co-ordination & flexibility.

## BAKERS BOOT CAMP

This class includes a variety of cardio, strength & agility exercises in a fast paced intensive workout. Boot Camp is interval based with no choreography to follow - just bring your grit and determination (+ your towel!!)

## ADULT & YOUTH BOX CLUB

An intensive work out involving cardiovascular fitness & strength work. More emphasis on learning boxing moves & adopting boxing training methods including speed balls, punch bags & medicine balls.

## THE FRIDAY NITE RECOVERY - NEW!

A class definitely getting out of bed for!! Incorporating a low impact/ steady aerobics section followed by toning key muscles in your stomach, arms, legs & bum.

## ACCESS ALL AREAS - NEW!

A cardiovascular workout to music incorporating high and low impact moves at varying levels plus strength & toning exercises to provide the ultimate all over body conditioning.

## PUNCH 'N' ABS - NEW!

A great cardio work out to help tone up those wobbly bits with boxing moves & plenty of stomach exercises!!

## IRON (WO)MAN - NEW!

A fast cardio packed class based on the ironman discipline that will push you to your limits!!

# Class Timetable

## MONDAY

07:00 - 07:30	Spin - Fast 'n' Furious
09:30 - 10:15	Spin - All Terrain
13:00 - 13:45	Bakers Boot Camp
18:30 - 19:30	Dance Nite
18:30 - 19:15	Interval Spin
19:30 - 20:30	Spin Le Tour de Ware
20:00 - 21:00	Stretch N Tone

## TUESDAY

09:30 - 10:30	Access All Areas
13:00 - 13:45	Spin - Hills & Jumps
18:30 - 19:15	Spin - The Alps
19:30 - 20:30	Boxercise
20:30 - 21:30	Dynamic Yoga

## WEDNESDAY

07:00 - 07:30	Iron(Wo)man
09:30 - 10:15	West End Spin
13:00 - 13:45	Boxercise
18:30 - 19:30	Cardio Combat
18:30 - 19:15	Spin - Rock N Ride
19:30 - 20:30	Spin - Hard N Fast

## THURSDAY

13:00 - 13:45	Spin - All Terrain
17:00 - 18:00	Box Club
18:30 - 19:30	Bakers Boot Camp
19:30 - 20:15	Interval Spin
19:30 - 20:30	Access All Areas

## FRIDAY

07:00 - 07:30	Spin - Rock N Ride
09:30 - 10:15	Punch N Abs
13:00 - 13:45	Spin - Hard N Fast
18:15 - 19:00	Club Spin

## SATURDAY

09:30 - 10:15	Spin - All Terrain
10:00 - 11:00	The Friday Nite Recovery

## SUNDAY

09:30 - 11:00	Box Club
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## CASUAL USERS

Casual users will need to pay £25 annual subscription & £5.50 per class.

## Box Club Prices

Adult members £7.50    Adult Non-members £15.00

Youths 1 hour class £4.00    Youths 1.5 hour class £6.00

# Opening Hours \*

7am - 9.30pm    Monday - Thursday

7am - 7.30pm    Friday

9am - 1pm    Saturday & Sunday

\* No entry 45 minutes before close

# Class Etiquette

Please consult your doctor before participating in any activity if you suffer from any medical complaint;

Please notify the instructor prior to the class if you suffer from any condition that may affect your ability to exercise;

Minimum age for class participation is 16 years old.

Please arrive on time for classes to avoid injury & to prevent disruption;

Late arrival may result in being refused entry;

Please go to reception on your arrival to swipe your card (members) or pay for the class (non members);

Footwear & clothing must be appropriate for the activity;

Mobile phones must be switched off at all times;

Please bring a towel - No Towel - No Workout!; And water!

Class bookings (Spin) can be made up to a maximum of 7 days in advance;

No show or cancellations less than 6 hours before the class will incur a £5.50 charge;

There needs to be a minimum of 5 people for classes to proceed;

Classes are subject to change.