

theclub Class Descriptions:

Body Pump - The world's most popular group fitness class!

Body Pump works all the major muscle groups of your body. Building lean muscle, raising your metabolic rate encouraging rapid fat burning & ensuring awesome muscle tone.

Body Attack - A high intensity workout for those who want to be seriously fit. With three cardio phases placing demands on aerobic stamina & anaerobic strength, energy systems will be ignited & boundaries pushed to the extreme. Take up the challenge & get active

Sculpt and tone - Builds lean muscle and tones the whole body from top to toe. Burns fat and improves muscular endurance. A must for those who want to get in great shape.

Psycho Circuits - Not for the faint hearted. Strength and cardio training at high intensity will sculpt and chisel your body to a faster, fitter you

Hi / Lo Blitz - This is an energetic, upbeat aerobics class that is sure to get your body moving. A great workout for all levels of fitness enthusiasts, this class combines cardiovascular training & toning exercises for a superior total body workout.

Body Conditioning - An all over body workout, targeted to tone & strengthen.

Aerobics - These classes include a mixture of high and low impact movements that are designed to challenge your heart and lungs, improving your stamina and killing calories. The classes incorporate a 30-35 minute aerobic component which is suitable for people of all fitness abilities. A must for anybody hoping to combat the ill-effects of stressful lifestyles and inactivity in the workplace

20/20/20 - 20 minutes aerobics, 20 minutes step, 20 minutes of toning. Simple really!

Latin in line - Learn to dance those not Latin rhythms with style & confidence. All levels of experience welcome. Partners not necessary.

Spinning/Indoor Cycling/Beginners Spinning - A cycling workout that zuzzles calories & burns fat fast. Spinning is fantastic on the butt & thighs - this workout will leave you on a high.

Run Club - Enjoy the fresh air? Then join the outside running club. All levels of fitness welcome.

Vibrogym - Great if you are not sure of what to do, or are looking for something a little different.

Adult Dance Mats - Cardio training & a massive amount of fun all in one session. Time to get your funk on!

Boxercise / Boxfit - Box yourself fighting fit, targeting muscle toning.

Body Vive - Body Vive starts with a simple warm-up & continues with alternating "heart fitness" & "functional strength" blocks before a final

LBT - Feel energised with an hour of high repetition exercises working specific muscle areas. Focusing on those bits we would all like to see a little firmer! All abilities welcome.

Gentle LBT - This low-impact & strength class with very little choreography is good for those who have minimal experience with aerobics. The class is predominately based on low impact aerobics, combined with body sculpting. The class culminates with a strong abdominal workout followed by a brief, relaxing stretch.

Core Conditioning - Firm up those trouble spots, strengthen your back & tighten your tummy with our total core conditioning class.

Abs Attack - Firm up those trouble spots! Tighten your tummy with our total abs conditioning class.

Body Balance - An essential class for absolutely everyone! Body Balance is the ultimate reward for the mind & body. Body balance calls upon the ancient art of Hatha yoga, Pilates & tai chi as the perfect antidote to the stresses of modern day life. Body balance will loosen & strengthen your muscles, improve your posture & flexibility & teach you valuable relaxation techniques.

Tai Chi - A form of traditional Chinese mind/body exercise & meditation that uses slow sets of body movements & controlled breathing. Tai Chi will help to improve balance, flexibility, muscle strength & overall health.

Yoga - To date, thousands of research studies have been undertaken and have shown that with the practice of yogic meditation a person can learn to control such physiological parameters as blood pressure, heart rate, respiratory function, metabolic rate, skin resistance, brain waves, body temperature and many other bodily functions.

Hatha Yoga - The main emphasis is on blending philosophies of physical & mental conditioning through stretching & relaxation. Yoga increases flexibility, while building strength & stamina through various poses & postures. Yoga also helps improve posture, rejuvenate energy levels, relieve stress, & reduce fatigue and/or chronic pain.

Ashtanga Yoga - Ashtanga Yoga is a dynamic & challenging form of Hatha Yoga. Each pose is linked to the next through a series of connecting movements called vinyasa, allowing the body to create heat & leading to more flexibility. Smooth, deep breathing (ujjayi), gaze (dristi) & locks (bandhas) are synchronized with the movements. This powerful & vigorous practice purifies & realigns the body, cultivating a feeling of inner peace, & leading to a natural state of meditation.

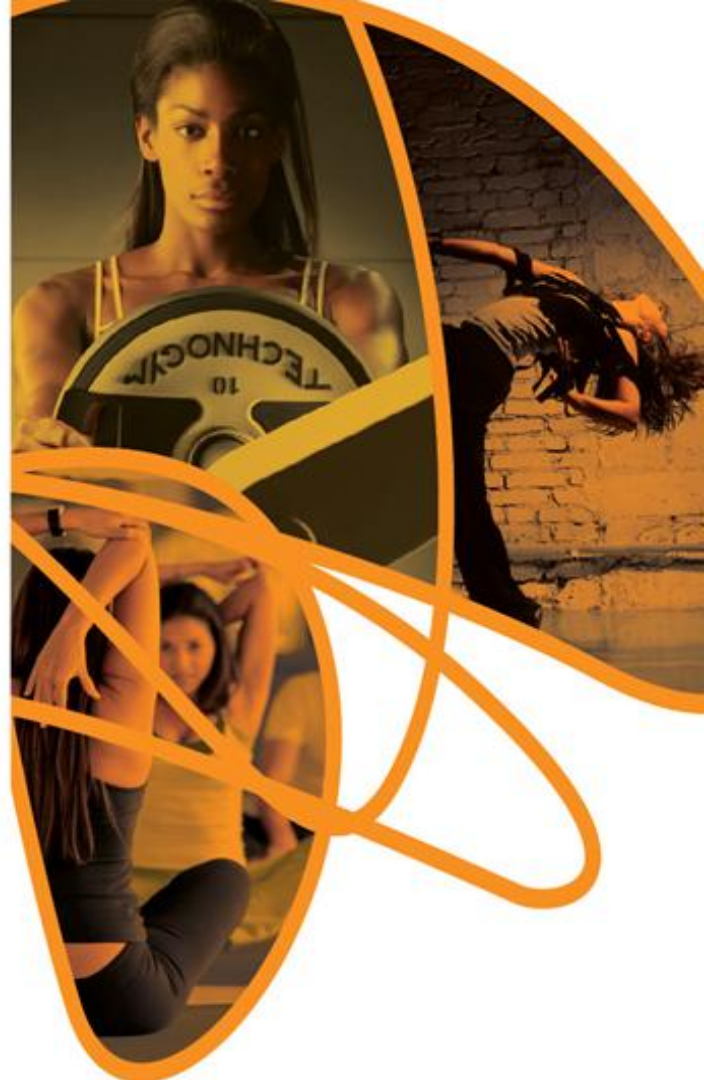
Fitness Pilates - Fitness Pilates is a unique exercise technique that conditions the deep core muscles of the body and concentrates on improving posture and alignment by strengthening the abdominal muscles and spine. Pilates is suitable for all ages and fitness abilities as everyone in the class works at their own pace.

Pilates (Level 2/3 more advanced) - Pilates is a core-strengthening class that emphasizes strengthening & stretching of all of the muscles, but especially the abs and lower back. Members quickly see an improvement in themselves & their bodies including more flexibility, more strength, better posture, a decrease in neck and back pain & a less stressed feeling.

Aqua Aerobics - An aerobics class in the water. The buoyancy of the water means that aqua classes provide a virtually impact-free cardiovascular workout, significantly reducing stress on the joints & muscle soreness.

Cardio wave - A 15 minute gym based fat burning class on our cardio wave machines. Learn new ways to use the equipment, burn calories and have fun.

Hip hop - Dance your way to fitness with this funky street hip hop workout for all abilities.



theclub

at cadbury house



thestudio
timetable

Red = classes chargeable extras see reception

Monday

9.15-9.45	beginners latin-in-line	s3	Zoe
9.45-10.45	intermediate latin-in-Line	s3	Zoe
9.30-10.30	body balance	s1	Ann
9.45-10.30	spinning	zone	Rob
10.45-11.30	aqua aerobics	pool	Clare
10.45-11.45	pump fx	s1	Rob
12:00-13:00	Yoga	S3	Mark
13.30-15.30	Baby Swimming Lessons	pool	Puddleduc ks
17:45-18:30	psycho circuits	s1	Matt
18:00-19:00	yoga	s3	Mark
19.00-19.45	spinning	zone	Russ
19:00-19.30	abs attack	s3	Rhoda
18.35-19.35	body conditioning	s1	Emma
19.35-20.35	body attack	s1	Tori

Tuesday

9:30-10:30	pilates	s3	Sue
9.30-10.30	body vive	s1	Ann
10.30-11.30	somatics/yoga	s3	Ann
10.45-11.30	aqua aerobics	pool	Clare
18:00-19:00	boxercise	s3	Ryan
18:00-19:00	legs bums & tums	s1	Tasha
18:15-19:00	spinning	zone	Matt
19.00- 19.45	fatloss circuits	s1	Tasha
19:15-20.00	abs attack	s3	Matt
20.00-21.00	body balance	s3	Tasha

Wednesday

9:00-10:00	20/20/20	s1	Cheryl
9:30-10:30	level 2/3 pilates	s3	Sue
10.00-10.30	vibro	gym	fitness team
10.00-10.30	beginners tai-chi	s1	Martyn
10:30-11:30	tai-chi	s1	Martyn
10:30-11:30	gentle legs, bums & tums	s3	Rosie
10:45-11:30	spinning	zone	John/Rob
11:45-12:45	level 1 pilates	s3	Sue
11:45-12:30	aqua aerobics	pool	Rosie
13:00-14:00	core conditioning	s3	Emma
17:00-18:00	pilates	s3	Trish
18:00-18:45	spinning	zone	Shaun
18:00-19:00	body pump	s1	Claire
18:00-18:45	body conditioning	s3	Debi
19:00-20:00	body attack	s1	Tori
19:15-20:00	beginners spin	zone	Claire
20:30-21:30	ashtanga yoga	s3	Mark

Thursday

9:30-10:30	hi/lo blitz	s1	Cheryl
9:30-10:45	hatha yoga	s3	Jodie
11:30-13:00	art for all	s1	Julie
12:00-13:00	aqua aerobics	pool	Carolyn
18:30-19:30	body pump	s1	Claire
19:00-20:00	street workout	s3	Zoe
19:15-20:00	spinning	zone	Rob
19:30-20:30	boxercise	s1	Shaun
20.00-21.00	fitness pilates	s3	Kate

Friday

9:30-10:30	body pump	s1	Claire
9:30-10:30	beginner yoga	s3	Tash
10:00-10:30	vibrogym	gym	Fitness team
10:30-11:00	vibrogym	gym	Fitness team
10:15-11:00	aqua aerobics	pool	Rosie
10:30-11:30	legs, bums & tums	s1	Tash
10:45-11:30	spinning	zone	John/Debi
11.30 -12.30	fitness pilates	S1	Claire/Debi
11.30-12.30	body vive	S3	Ann
13.30-15.00	Baby Swimming Lessons	pool	Puddleducks
18:00-19:00	body balance	s3	Kat

Saturday

9.00-10.00	yoga	s3	Mark
9:00-10:00	body pump	s1	Sarah
10.15-11.00	spinning	zone	Debi
10.00-11.00	level 1 pilates	s3	Trish
10:10-11:10	body attack	s1	Sarah
11.10-12.10	latino aerobics	s1	Mel
11.00-12.00	level 2 pilates	s3	Trish
11.00-11.30	vibrogyn	gym	fitnessteam

Sunday

9.30-10.30	conditioning & abs	s1	Kate
10.30-11.30	fitness pilates	s3	Kate
11.00-11.45	spinning	zone	Claire
17:00-18:00	yoga	s3	Mark
18:00-18:45	spinning	zone	Rob