

## CLASS DESCRIPTIONS

**BODY ATTACK** - A high intensity workout for those who want to be seriously fit. With three cardio phases placing demands on aerobic stamina and anaerobic strength, energy systems will be ignited and boundaries pushed to the extreme. Take up the challenge and get active. Beginners have the option to complete the first 30 minutes only.

**FITNESS 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 class that is sure to get your body moving. A great workout for all levels of fitness enthusiasts, this class combines cardiovascular training and toning exercises for a superior total body workout.

**SPINNING/BEGINNERS SPINNING** - A cycling workout that guzzles calories and burns fat fast. Spinning is fantastic on the butt and thighs. This workout will leave you on a high.

**INTERVALS WORKOUT** - This is similar to Body Blast, using body weight resistance and cardio to maximise results.

**LIT (LEGS INTERVAL TRAINING)** - An intense 30 minute circuit class designed to target your quads, hamstrings and glutes through interval training.

**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 and muscle soreness.

**BOXFIT** - Boxfit is a circuit based class which involves the muscles of the core, upper body, shoulders, and hips. It is also a great cardio and strength workout. Exercises involved in a Boxfit class may include crunches, shuttle runs, sit ups, which all have punching moves, in order to get you moving like a real boxer.

**TEEN CIRCUITS** - A multi station class that combines cardiovascular fitness with muscular strength and endurance. Specifically suited for younger people.

**BODY CONDITIONING** - An all over body workout, targeted to tone and strengthen.

**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 and ensuring awesome muscle tone.

**KETTLEBELLS** - This class will help to give you tone and muscle definition. Also burning calories to give you an all over body workout. The minute long exercises alternate between upper and lower body, to ensure you work every muscle group.

**CARDIO TONE** - If you want the optimal mix of strength, cardio and core training this is it! Cardio Tone is the low impact, whole body group fitness workout that uses balls, tubes and body weight to boost fitness and core strength.

**TOTAL BODY WORKOUT** - 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.

**GLUTES** - This class is a TOTAL lower-body workout! Focus on those hard to sculpt areas and tone your lower half.

**YOGA/BEGINNERS 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 physiological parameters such 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 and mental conditioning through stretching and relaxation. Yoga increases flexibility, whilst building strength and stamina through various poses and postures. Yoga also helps improve posture, rejuvenate energy levels, relieve stress and reduce fatigue and/or chronic pain.

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

**PILATES (LEVEL 2/3)/BEGINNERS PILATES (LEVEL 1)** - Pilates is a core strengthening class that emphasises strengthening and stretching of all the muscles but especially the abs and lower back. Members quickly see an improvement in themselves and their bodies, including more flexibility, more strength, better posture, a decrease in neck and back pain and a less stressed feeling.

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

**BODY BALANCE** - An essential class for absolutely everyone! Body Balance is the ultimate reward for the mind and body. Body Balance calls upon the ancient art of Hatha yoga, Pilates and Tai Chi as the perfect antidote to the stresses of modern day life. Body Balance will loosen and strengthen your muscle, improve your posture and flexibility and teach you valuable relaxation techniques.

**STRETCH & FLEX** - This is a half an hour class that is designed to stretch and lengthen your muscles, increasing flexibility.

**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.

**YIN YOGA** - A slower paced style of movement and relaxation. Seated and lying poses held for longer periods of time to encourage release of fascia. Yin yoga is deeply nourishing, revitalising and restful practice.

**HIIT** - The 30-minute high-intensity interval training workout that improves cardiovascular fitness, increases speed and maximises calorie burn. It involves short periods of intense anaerobic exercise with little recovery time to help you smash your goals faster.

**6-PACK ATTACK** - Firm up those trouble spots, strengthen your back and tighten your tummy with our total abs conditioning class.

**FAST CLASS** - A circuits-style class based in the gym using gym equipment, floor space and bodyweight exercises.

**METAFIT/BODY BLAST** - This is a short, high intensity bodyweight workout designed to increase your metabolic rate even after the exercise has finished to maximise calories burned.

**WOMEN ONLY TECHNICAL TRAINING** - Technical training class to help introduce women to use free weights confidently. Programme setting advice and guidance.

**FAST CLASS** - A high intensity circuits-style class using gym equipment, floor space and bodyweight exercises.

**GENTLE LEGS, BUMS & TUMS** - This low-impact and 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.

**LATIN IN LINE** - Learn to dance those hot Latin rhythms with style and confidence. All levels of experience welcome. Partner not necessary.

**ZUMBA** - Dance and move your way to Latin beats. This year's new fitness revelation where you can have fun and burn a lot of calories at the same time.

**DANCE FIT** - This will involve a variety of dance styles which will be detailed on the Group Fitness noticeboard.



# STUDIO TIMETABLE

(JUL-SEPT 2019)

theclubandspa, Frost Hill, Congresbury,  
Bristol, BS49 5AD t 01934 834 343  
e theclub@cadburyhouse.com

www.theclubandspabristol.co.uk

**Aerobic/Calorie Burning**  
**Muscle Conditioning/Toning**

**Stretch, Relax & Re-energise**  
**Express Class - 30 mins**

**Lite**  
**Dance Based**

**Other (non members/additional charge)**  
**Child classes**

\* See Group Fitness board for more details

(N) New classes

### Monday

06:45-07:30	Kettlebells	S1	Gemma
09:15-10:00	Latin-In-Line Beginners	S1	Zoe
09:15-09:45	Body Blast	S3	Gemma
09:45-10:30	Aqua Aerobics (1 Lane)	Pool	Amanda
10:00-11:00	Latin-In-Line Intermediate	S1	Zoe
10:00-11:00	Body Balance	S3	Ann
10:00-10:45	Spinning	Zone	Jo
11:00-19:00	Teen Fit (12-15yrs)	Gym	Fitness Team
11:10-12:10	Body Pump	S1	Jo
11:00-12:00	Zumba	S3	Sam
12:00-13:00	Yoga	S3	Mark
16:00-16:45	Kids Fitness Games (5-12yrs)	S1	Fitness Team
18:00-18:45	Fitness Circuits	S1	Ben
18:00-19:00	Yoga	S3	Mark
19:00-19:45	Spinning	Zone	Debi
19:00-20:00	Zumba	S3	Zoe
19:00-20:00	Body Attack	S1	Gemma
20:30-21:30	Body Balance	S3	Carolyn

### Tuesday

06:45-07:30	Spinning	Zone	Graham
07:00-07:30	Interval Training	S1	Gemma
08:30-09:20	Hatha Yoga	S3	Georgie
09:30-10:30	Pilates L2/3	S3	Carolyn
09:30-10:30	Cardio Tone	S1	Ann
09:45-10:30	Aqua Aerobics (1 Lane)	Pool	Sara
10:30-11:30	Pilates L1	S3	Ann
10:30-11:30	Dance Fit*	S1	Georgie
11:00-19:00	Teen Fit (12-15yrs)	Gym	Fitness Team
17:00-18:00	Yoga	S3	Mark
18:00-19:00	Body Pump	S1	Louise
18:15-19:00	Interval Training	S3	Kate
18:15-19:00	Spinning	Zone	Jo
19:00-19:30	Women Only - Technique Training	Gym	Liam
19:15-20:15	Kettlebells	S1	Jo
19:15-20:00	Spinning	Zone	Rob
19:15-19:45	6-Pack Attack	S3	Kate
20:00-21:00	Body Balance	S3	Jason

### Wednesday

07:00-07:30	Fitness Circuits	S1	Fitness Team
09:00-10:00	Zumba	S1	Sam L
09:30-10:00	Body Blast	S3	Debi
09:45-10:30	Aqua Aerobics (2 Lanes)	Pool	Denia
10:00-10:30	Stretch & Flex	S3	Debi
10:00-11:00	Tai-chi Intermediate	S1	Neil
10:30-11:30	Gentle Legs, Bums & Tums	S3	Clare
10:45-11:45	Spinning	Zone	John
11:00-12:00	Tai-chi Advanced	S1	Neil
11:00-19:00	Teen Fit (12-15yrs)	Gym	Fitness Team
11:45-12:45	Pilates L1	S3	Justine
12:00-13:00	Tai-Chi Beginners	S1	Neil
12:45-13:45	Pilates L2	S3	Justine
16:00-16:45	Kids Fitness Games (5-12yrs)	S1	Fitness Team
16:00-18:00	Pre-School / Swim Academy	Pool	Puddleducks
17:00-18:00	Pilates (Level 2)	S3	Trish
18:00-18:45	Spinning	Zone	Debi
18:00-19:00	Body Pump	S1	Jo
18:00-19:00	Body Conditioning	S3	Trish
19:00-20:00	Zumba	S3	Georgie
19:15-20:15	Body Attack	S1	Gemma/Jason
19:15-20:00	Spinning	Zone	Jo
20:30-21:30	Ashtanga Yoga	S3	Mark

### Thursday

06:45-07:30	Spinning	Zone	Jo
09:15-10:15	Hi/Lo Body Blitz	S1	Sizzle
09:30-10:30	Hatha Yoga	S3	Finnola
10:30-11:30	Body Pump	S1	Jo
10:45-11:45	Zumba Tone	S3	Sam L
11:00-19:00	Teen Fit (12-15yrs)	Gym	Fitness Team
12:00-13:00	Aqua Aerobics (2 Lanes)	Pool	Carolyn
13:30-14:30	Body Balance	S3	Carolyn
16:00-18:00	Pre-School / Swim Academy	Pool	Puddleducks
18:00-18:45	Fitness Circuits	S1	Gemma
18:10-18:55	Spinning	Zone	Rob
18:30-19:30	Dance Fit	S3	Georgie
19:00-19:45	Boxfit	S1	Gemma
19:15-20:00	Spinning	Zone	Rob
19:30-20:30	Beginners Yoga	S3	Georgie
20:05-20:50	Fitness Pilates	S1	Kate

### Friday

06:45-07:30	Spinning	Zone	Louise
07:00-07:30	BoxFit	S1	Gemma
08:00-08:45	Pilates L2/3	S3	Sue
08:45-09:45	Yoga	S3	Georgie
09:30-10:30	Body Pump	S1	Louise
09:45-10:30	Aqua Aerobics (2 Lanes)	Pool	Sara
09:45-10:45	Beginners Yoga	S3	Georgie
10:30-11:30	Total Body Workout	S1	Carol
10:45-11:45	Spinning	Zone	John
11:00-19:00	Teen Fit (12-15yrs)	Gym	Fitness Team
11:30-12:30	Cardio Tone	S3	Ann
12:30-13:30	Yin Yoga	S3	Justine
13:00-18:30	Pre-School / Swim Academy	Pool	Puddleducks
18:00-18:30	LIT (Legs Interval Training)	S1	Fitness Team
18:00-19:00	Body Balance	S3	Carolyn

### Saturday

08:10-09:10	Kettlebells	S1	Gym Team
08:40-09:40	Yoga	S3	Tilly
09:15-10:15	Body Attack	S1	Gemma/Rosi
09:40-10:25	Spinning	Zone	Gym Team
10:30-11:30	Pilates (All abilities)	S3	Tracy
10:30-11:30	Body Pump	S1	Jason/Rosi
11:00-19:00	Teen Fit (12-15yrs)	Gym	Fitness Team
11:30-12:25	Pilates (All abilities)	S3	Tracy

### Sunday

09:30-10:30	Intervals Workout	S1	Kate
09:45-10:45	Yoga	S3	Justine
10:30-11:30	Fitness Pilates	S1	Kate
11:00-11:45	Spinning	Zone	Rob
08:00-19:00	Teen Fit (12-15yrs)	Gym	Fitness Team
17:00-18:00	Yoga	S3	Mark
18:00-18:45	Spinning	Zone	Rob

**Opening times for children:** 11:00-19:00 Monday – Friday, 10:00-19:00 Saturday, 08:00-19:00 Sunday & Bank Holidays.

**Please note:** Children must be booked in individually for each class, they must be signed in and out by Parent/Guardian. Classes will be held with a min of two children per class. Please ensure your child is booked on to ensure the class goes ahead. Please ensure children come suitable dressed for fitness activities.

# JUL-SEPT 2019

Bookings taken up to seven days in advance. Booking is strongly recommended as we operate a first come first served basis. Book classes directly on 01934 834 343, in person at theclub reception desk, or on our website at [www.theclubandspa Bristol.co.uk/online-class-booking-has-arrived](http://www.theclubandspa Bristol.co.uk/online-class-booking-has-arrived). Please cancel your booking if you are unable to attend. Failure to provide theclub with at least one hours notice to cancel a class on 3 occasions will result in a £5.00 charge being added to your membership account. This charge is donated to a local charity and is not banked by theclub. Whilst every effort is made to ensure named instructors take classes, instructors may be subject to change at the last minute. Please ensure you wear suitable clothing and non marking footwear. Please make sure you turn up for classes promptly, ensuring any injuries, medical problems, health issues or pregnancy are made aware to the instructors. To avoid injury please ensure you consult a doctor if you have any concern regarding suitability of classes. Classes during certain times of the year e.g school holidays, Christmas, may be subject to change in line with higher class demand. Regular notices will be posted to notify changes. Minimum class age 15yrs, except specialist kids classes.