



CLASS PROGRAMME

Block 1 Michaelmas Term

2 Sep - 11 Oct 2019

| DAY: | GROUP TRAINING | SWIMMING POOL |
|-----------|--|-----------------------------------|
| Monday | Agility Circuits 0730- 0800 (DS) Core 0800-0830 (DS) | Swimfit © 2000-2100 2 & 16 Sep |
| Tuesday | HIIT 0730-0800 (TP) | |
| | Ab Blast 0800-0830 (TP) | |
| Wednesday | Body Weight Resistance 0730-0800 (DS) Fitball 0800-0830 (DS) Bootcamp 1800-1845 (TP) | Swimfit © 0830-0930 (JY) |
| | | Swimfit © 2015-2115 |
| Thursday | Intermediate Weights 0800-0830 (TP) | Swimfit © 1900-2000 5 Sep |
| Friday | | Swimfit © 0830-0930 (JY) |
| Saturday | Box Fitness Circuits 0800-0830 (TP) | |
| | Stretch & Flex 0830-0900 (TP) | |

Class Prices:

Group Training – What to wear: Outdoor trainers & warm clothing for warm up/cool down if outside. Customers must bring separate indoor footwear to change into for all indoor activities. Contact reception for further information



Class/Courses Descriptions

Fitness:

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| Ab Blast /Core | A terrific all round core workout for your abdominal and back muscles. |
| Agility Circuits | An athletic circuit based class focusing on balance, movement & cardiovascular activity. |
| Body Tone | Tone and strengthen your entire body. This class incorporates elements of weight training and aerobics, and focuses on low-weight and high-repetition movements helping burn fat, increase strength and improve muscle conditioning. |
| Bodyweight Resistance | A full body, circuits based class using only bodyweight exercises to improve your cardio and muscular endurance. |
| Boot Camp | Push, lunge, jump and squat. Challenge muscles and your mind to go the extra mile. No need for super co-ordination or natural rhythm, condition your whole body & get lean. |
| Box Fitness Circuits | As well as getting a full body and conditioning workout, you will notice improved balance and posture, and improved hand-eye coordination. Our box circuit classes are ideal for an energy boosting activity & burning calories. |
| Fit Ball | Challenge your muscles, strengthen up and build your core. This ball based class will help improve abdominals, back, bum & thigh areas. A great workout resulting in stronger core, better body alignment and posture. |
| HIIT (High Intensity Interval Training) | A form of interval training, an exercise strategy alternating short periods of intense anaerobic exercise with less-intense recovery periods. HIIT is a form of cardiovascular exercise. These short, intense workouts provide improved athletic capacity, condition and improved fat burning. |
| Mini Circuits | A circuit based class incorporating cardiovascular activity and weights, helping improve your endurance, strength and overall fitness. |
| Run Group | Whether you're looking to take your first steps into running or being a regular runner yourself, our run team leader can help you progress, whatever your level or ability. Held on the athletics track. |
| Stretch & Flex | A great way to improve your flexibility, range of movement and reduce muscle tension. |

Swimming:

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| Swimfit© | Sessions are supervised by a qualified instructor who will be able to explain use of the cards and also help you with your technique. There are 30 session cards ranging from 10 to 120 lengths displayed on pool side so there is a card available for all abilities and fitness levels. |
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Tennis:

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| Cardio | Cardio Tennis is a fast, fun way to get fit on a tennis court. The focus is less on skills and more on hitting lots of shots under the guidance of a qualified instructor. |
| Coaching | Group coaching course available for all abilities. |