

january studio timetable



MONDAY

07.15 - 08.00	aerotone	Gym Team
10.00 - 11.00	beginners step	Mandy S
10.00 - 10.45	water fit	Shelley
11.30 - 13.00	yoga & stretch	Rosemary
13.30 - 14.30	pilates	Andrea
18.45 - 20.00	body pump	Mandy H
20.00 - 20.45	boxercise	Alex

TUESDAY

09.30 - 10.30	inter step*	Tony
10.30 - 11.30	body pump	Judy
11.30 - 12.30	pilates	Andrea
18.00 - 19.00	body conditioning	Mandy S
19.00 - 20.00	easy step	Mandy S
20.00 - 21.00	latin fusion	Carolina

WEDNESDAY

07.15 - 08.00	aerotone	Gym Team
09.30 - 10.30	hi lo combo	Steve
10.30 - 11.30	ballet sculpture	Kay
11.30 - 12.30	chi ball	Rosemary
18.15 - 19.15	pilates	Rosemary
19.15 - 20.15	swiss ball	Joseph

THURSDAY

09.30 - 10.30	boxercise**	Alex
10.00 - 10.45	water fit	Tony
10.30 - 11.30	swiss ball	Steve
11.30 - 13.00	yoga	Rosemary
13.30 - 14.30	pilates	Juliana
18.00 - 19.00	legs bums tums	Mandy S
19.30 - 20.15	water fit	Kirsty/Abbey

FRIDAY

07.15 - 08.00	aerotone	Gym Team
09.30 - 10.30	body pump	Tanya
10.30 - 11.30	dance fusion	Kate
11.30 - 13.00	flow yoga	Heather

SATURDAY

10.00 - 11.00	inter step *	Mandy S
11.00 - 12.00	legs bums tums	Mandy S
15.00 - 16.30	yoga & relax	Heather
16:30 - 17:30	bhangra bollywood	Zita

SUNDAY

10.30 - 11.30	cardio fit	Joseph
15:00 - 15:45	aerotone	Gym Team

* not for beginners ** commencing thursday 4th february

classes that do not attract the minimum number of six participants on a regular basis may unfortunately be cancelled

the timetable is subject to change, please check the studio noticeboard regularly for updates and forthcoming events and new classes

studio class descriptions

- AEROTONE/ POWER CIRCUIT** These classes combine cardio-vascular and resistance work stations in the studio. Strength and endurance are both targeted, which is suitable for anyone who enjoys working up a sweat with some fun.
- AEROBOX** This cardiovascular workout blends elements of boxing and traditional aerobics moves interspersed with a bouncing "base" move. Great for toning, strength and endurance, boxing equipment is used in some parts of the class.
- BALLET SCULPTURE** This class is designed to improve your strength, posture, balance and flexibility. Simple structured ballet exercises incorporated to tone every part of the body. Experience not essential.
- BHANGRA** Bhangra and Bollywood moves as seen on TV and in the music industry. A fun and extremely energetic class.
- BODY PUMP** The ultimate studio weights workout! Works on all the major muscle groups. It strengthens and tones muscles like nothing else! Set moves, so suitable for all, this class gets results!
- CARDIO FIT** Cardio Fit offers a challenging, high intensity workout creating visible results. The varying class format will keep you pumped for the full hour with exercises ranging from cardiovascular conditioning, bodyweight resistance and martial art techniques.
- CHI BALL** A balance between intensive activity and relaxation combining the five key elements of Chinese medicine in the form of tai chi, yoga, pilates feldenkrais and deep relaxation.
- DANCE FUSION** A dance class involving Broadway jazz and funky moves to name but a few. A fun and energetic class.
- FLOW YOGA** Also known as Ashtanga Vinyasa Yoga. This is a dynamic method of practising postures in the practice of Hatha Yoga. It will therapeutically align the body giving maximum toning, an increase in energy and helps eliminates toxins and thus purifying the body.
- HI-LO COMBO** This class is a combination of step, toning and aerobics which involves stretching to work out all areas of the body.
- LATIN FUSION** This class you will learn traditional Spanish dances, flamenco and modern latin steps. A good all round fun workout toning the body.
- PILATES** A fusion of western and eastern philosophies, teaches breathing with movement, body mechanics, balance, co-ordination and positioning of the body alignment, increasing strength, mobility and flexibility.
- STEP CLASSES** Classes for participants who want to work hard, the intermediate and advanced classes are not for beginners.
- SWISS BALL** A full body toning workout involving core stability on Swiss balls. A good fun class which gets results.
- WATER FIT** Eliminates impact and stress on the joints. This class provides a safe and effective conditioning cardiovascular workout. Great for all levels as you get out of it what you put into it.
- YOGA** Increase your range of motion, strength and flexibility. Enhance relaxation and reduce tension. Complete escapism from the stresses of daily life.