

Monday	TIME	CLASS	DESCRIPTION
	18:30	<b>Ab Attack 20mins</b>	Blast those abs with this short but intense strictly abdominal workout.
	19:00	<b>3-in-1 Workout 45mins</b>	A great workout encompassing 3 different forms of exercise. Group-Cycle, fat loss with no impact. Aerobics, dynamic moves to further increase your cardio capacity, increase endurance and burn fat. Body Conditioning, tone and strengthen the whole body with this short but effective routine.
	19:55	<b>Soca /Step 60mins</b>	ELEVATE YOUR FITNESS PARTY! Soca/Zumba Step is a combination of upbeat rhythms and glutes- shaping elements of a step class. The result is a lower- body sculpting workout that is fun, easy to follow and gives amazing results.
Tuesday	TIME	CLASS	DESCRIPTION
	19:00	<b>STRONG by Zumba 30 min</b>	STRONG by Zumba is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition. This class will push you past your limits to reach your fitness goals.
	19:30	<b>Pilates 30min</b>	Pilates is a body rehabilitation method based on the fusion of mind and body. This results in improved posture, flexibility and strength, achieved through awareness and the practice of centring, concentration, control, precision and breathing, using the core muscles of the body.
	20:05	<b>Breathless 30mins</b>	HIIT workout, designed to improve strength, build lean muscle and shed body fat quicker than any other group exercise. This workout uses barbells & weighted plates to blast all major muscle groups. Breathless takes HIIT and combines it with powerful motivating music for you to go harder for longer while increasing your strength & fitness levels.
Wednesday	TIME	CLASS	DESCRIPTION
	18:45	<b>HIIT Body Blast 30mins</b>	A breakthrough in resistance workout training, focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.
	19:15	<b>HIIT Core Blast 30mins</b>	This 30 minute workout combines high-intensity cardio with exercises that work your core from every angle. By alternating intense isometric work (eg planks), targeted bending and twisting actions, plus high-energy core cardio (eg mountain climbers), stimulating the core muscles in every way.
	19:45	<b>Cycle Blitz 45mins</b>	A group cycle session guaranteed to make sure that you have a good time sweating to upbeat funky house and old skool tunes. All abilities welcome!
Thursday	TIME	CLASS	DESCRIPTION
	18:45	<b>Group Cycle 45 mins</b>	An indoor cycling class that offers a non-impact, highly effective way to build Cardiovascular strength and endurance. A mixed ability class, these classes offer a challenging opportunity to get your heart pumping and burn serious calories to rock and hip hop beats.
	19:35	<b>Strength &amp; Stability 60 mins</b>	Variable intensity training for all levels of fitness. Incorporating Pilates principles, using a combination of weighted and bodyweight exercises, the class aims to improve your overall strength, stability, proprioception (body awareness) and generally improve you fitness confidence.
Saturday	TIME	CLASS	DESCRIPTION
	10:00	<b>Box-Circuits 60 min</b>	A circuit based class providing a whole body workout, mixing cardio and muscular endurance which will test you all the way. Challenge yourself in this ultimate high intensity workout. The only bad workout in this class is the one you didn't do!
Sunday	TIME	CLASS	DESCRIPTION
	09:15	<b>CircuitStrong 60 mins</b>	Using four challenging modules, this class will increase your endurance, engage your stability, improve your co-ordination and strength. There's a mix of cardio, bodyweight & free weights. There are three levels of intensity, so all levels of fitness are welcome. Come along and get CircuitStrong.

**Classes can be booked up to 1 hour in advance by phoning the centre.**

**However, places will be given away if you are not present at the beginning of the Class.**