

NOVEMBER 2008 TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30 am			Spin (45)		Spin (30)	
8.45 am		Spin (45)			Spin (45)	
9.30 am	Fight Do C/S	Power C/S	X55 C/S	Fight Do C/S	Circuit & Box C/S	Oxigeno
10.00 am						
1.00 pm		Restart	Restart			
5.00 pm	Spin (30)		Spin (30) Oxigeno (45)			
5.45 pm	Power C/S	Fight Do C/S	X55 C/S	Power C/S	Fight Do C/S	
6.45 pm			Kick-Box	X55		

Please note: Due to public liability there is **no child supervision** during the day. Most morning and night classes will be covered and are marked **C/S**. Thankyou for your co-operation.

POWER : Power is a low impact barbell class which is high in fun. This targets a broad range of fitness levels and aims to enhance exercise adherence and group exercise participation. It is designed to give you an overall workout,
low impact - fat burning -body toner.

OXIGENO : Is a class that will give increased flexibility, strength and concentration. Stretch and strengthen all major muscles throughout the class .The class also includes core stability and strengthening exercises for the abdominal area.

X55 : Is a combination of aerobics and floor work that is suitable from beginners through to advanced,
If "**Buns of Steel**" are what you are after this is the class for you !

RESTART : Is a very low impact class that is designed for those people that haven't used a gym for a while or who have never used a gym at all. It is great for the older generation who are a little intimidated by the gym.

KICK-BOX : is a high intensity cardiovascular class combining elements of Boxing, karate using a series of movements using punching, kicks and elbows into a boxing pad or bag. The class can also involve circuit training with other equipment.

FIGHT DO : Combines elements of karate and kickboxing to give you a great overall body workout. We use a variety of streetfighting techniques including elbows and knees. Your abdominals will also receive a fantastic workout from all the kicking and punching which combines well with the highly motivating music

SPIN : This is a 45 or 30 minute cycle class. It will give your lower body a fantastic impact free workout. Your fitness and endurance levels will improve very quickly due to this style of training. Calorie burning is very high due to the constant level of exercise.

CIRCUIT : Circuit is a 30 minute class conducted in our well designed circuit area. The class consists of pin-loaded weight machines as well as cardio stations and a timer to give you a great overall workout in just under 30 minutes.