

AQUA VITAE CLASS TIMETABLE

Valid from Monday 2nd January 2017

| MONDAY | |
|-------------|-----------------------------------|
| MORNING | |
| 9.10-10.10 | INDOOR CYCLING.....CLIFF THORNTON |
| 10.30-11.30 | BODY PUMP.....JO S |
| AFTERNOON | |
| 12:00-12.45 | AQUAFIT.....JO S |
| 12:00-1:30 | HATHA YOGA.....ROSE |
| 1.45-2.30 | LEGS, BUMS AND TUMS.....JO S |
| 5.30-6.00 | HITT.....LEISURE TEAM |
| 6:00-6.45 | STABILITY BALL.....LEISURE TEAM |
| 7:00-8:00 | INDOOR CYCLING.....MARK T |

| TUESDAY | |
|-------------|------------------------------------|
| MORNING | |
| 6.45-7.30 | BOOTCAMP/GYM CIRCUIT.....JORDAN |
| 9.00-9.30 | HITT.....JORDAN |
| 9.15-10.00 | AQUAFIT.....JO S |
| 9.30-9.45 | AB ATTACK - GYM.....JORDAN |
| 9.30-10.00 | LATIN LINE DANCING.....CHRISTINE |
| 10.00-11.00 | INT ADVANCED PILATES.....CHRISTINE |
| 11.00-12.00 | BODY BLITZ.....JORDAN |
| AFTERNOON | |
| 12.00-12.40 | PURE AEROBICS.....JO S |
| 6.00-7.00 | ZUMBA.....CLIFTON |
| 7.15-8.00 | AQUAFIT.....CLIFTON |
| 7.15-8.00 | BODY PUMP EXPRESS.....JO S |

| WEDNESDAY | |
|-------------|------------------------------------|
| MORNING | |
| 08:30-09:30 | BEGINNERS PILATES.....JO S |
| 09:30-10:30 | ZUMBA.....CLIFTON |
| 10:30-11:00 | BODY TONE.....CLIFTON |
| 11.00-11.15 | AB BLAST.....CLIFTON |
| 11:30-12:30 | INTERMEDIATE PILATES.....CHRISTINE |
| AFTERNOON | |
| 12.30:1:30 | PILATES ALL LEVELS.....CHRISTINE |
| 12:45-1:30 | AQUAFIT.....CLIFTON |
| 2.15 -2.45 | BODY PUMP EXPRESS.....JO S |
| 5:30-6.00 | HITT.....MARCUS |
| 6:00-6.45 | KETTLEBELL BLAST.....MARCUS |
| 7.00-7.45 | INDOOR CYCLING.....IAN |

| THURSDAY | |
|-------------|---------------------------------|
| MORNING | |
| 6.45-7.30 | BOOTCAMP/GYM CIRCUIT.....JORDAN |
| 9.00-9.30 | HITT.....JORDAN |
| 9.30-9.45 | AB ATTACK-GYM.....JORDAN |
| 9:30-10:30 | ZUMBA.....CLIFTON |
| 10.30-11.00 | BODY TONE.....CLIFTON |
| 11:00-12.30 | HATHA YOGA.....MARIA |
| AFTERNOON | |
| 12:45-1:30 | AQUA ZUMBA.....CLIFTON |
| 6:00-6:45 | BODY BLITZ.....MARCUS |
| 7:00-7.45 | ARKE.....IAN |
| 8:15-9:30 | VINYASA FLOW YOGA.....DEBBI |

| FRIDAY | |
|-------------|----------------------------------|
| MORNING | |
| 08:45-10:00 | VINYASA FLOW YOGA.....DEBBI |
| 10:15-11:00 | INDOOR CYCLING.....CLIFTON |
| 11:15-12:15 | BODY PUMP.....JO S |
| AFTERNOON | |
| 12.30-1.15 | AQUAFIT.....JO S |
| 1:30-2:30 | PILATES ALL LEVELS.....CHRISTINE |
| 5.30-6.00 | BODY PUMP EXPRESS.....JO S |
| 6.15-6.45 | HITT.....LEISURE TEAM |
| 6:45-7:00 | AB BLAST.....LEISURE TEAM |

| SATURDAY | |
|-------------|-----------------------------------|
| MORNING | |
| 8.00-8.45 | MILITARY STYLE BOOTCAMP....MARCUS |
| 9.15-10.00 | AQUAFIT.....JO S |
| 8.50-9.50 | INDOOR CYCLING.....CLIFF THORNTON |
| 10.05-10.35 | KETTLEBELL BLAST.....MARCUS |
| 10:45-12:00 | PILATES.....ROXAN |

| SUNDAY | |
|-------------|----------------------------|
| MORNING | |
| 10.00-10:45 | BODY PUMP EXPRESS.....JO S |
| 11:00-12:00 | ZUMBA.....CLIFTON |
| AFTERNOON | |
| 12:30- 1.15 | AQUAFIT.....CLIFTON/JO S |
| 5.00-5.30 | HITT.....JORDAN |
| 5.30-5.45 | AB BLAST.....JORDAN |

Please check in for your class at least 5 minutes before it is due to start by signing in at the Studio entrance.
PLEASE REFER TO ANY POSTERS FOR ANY TASTER CLASSES WE MAY BE RUNNING.

It is essential to book for all classes, classes can be booked seven days in advance.



CLASS DESCRIPTIONS

Cardio

Metafit

A combination of bodyweight only exercises and high intensity intervals that will set your metabolic rates through the roof! A session that needs no equipment, little space and has a great pumping sound-track. Create metabolic disturbance and burn fat.

Pure Aerobics

Keep fit the fun way! With simple choreographed routines. For all levels of fitness.

Cycle

Indoor Cycling

An inclusive non-competitive program based on the principles of outdoor cycling combined with mind-body training. Let our motivational instructors, who are all Spinning® trained, help you perfect your technique and take you through dynamic rides covering hills, racing, interval training and active recovery. Whatever your fitness level, our inspirational music and high-quality coaching techniques will motivate you to get the best from your class in a safe, welcoming and positive environment.

Tone and Strength

Gym Circuit

A circuit class based in the gym, using a variety of gym equipment to tone and shape the body.

Body Pump

The full body weights workout, Body Pump is for anyone wanting to get toned, lean and fit. Using light to moderate weights with lots of repetitions, Body Pump gives you a total body workout that burns lots of calories. It'll also tone and shape your body without adding bulky muscles.

Body Blitz

A full body workout designed to tone all of the muscles, and burn calories. With the use of barbells, Kettlebells and body weight exercises, body blitz is guaranteed to shock your body each session. Using a combination of compound movements, plyometrics and high intensity intervals, body blitz is a very demanding class that will increase your metabolism at a shocking rate, resulting in an after-burn effect of upto 48 hours later.

Body Tone

An all over body workout, which targets all muscle groups to tone and sculpt. This workout also incorporates moves to stretch the body, which strengthens the ligaments, especially after injury. A great feel good session.

Kettlebell Blast

A full body workout used to perform ballistic (power) exercises. Kettlebell training combines cardiovascular, strength and flexibility which allows the body to gain strength and endurance. Using mainly the lower back, legs and shoulders, Kettlebell training requires the correct technique at all times. A workout guaranteed to give results. Definitely worth a try if you are looking for something different!

Bootcamp

Outdoor Fitness. A full body workout using exercise and equipment you may never have used before. With the use of ropes, beer kegs, weights and body weight. Bootcamp is a great way to combine all aspects of fitness into one session.

Military Bootcamp

A tougher approach to the normal bootcamp session.

Mind and Body

A selection of workouts for your mind and body that leaves you feeling calm, centered, long and strong.

Pilates

Low impact, whole body controlled exercises to help improve postural stability and alignment, core strength, balance, joint mobility, flexibility and muscle tone, whilst also aimed to reduce the risk of injury and stress.

Beginners Pilates – Suitable for all

Beginners/Intermediate Pilates – suitable for all including those ready to progress to the next level

Intermediate Pilates - Suitable for those ready to progress to the next level.

Advanced Pilates - For those that have gone through all levels of Pilates and are looking for the more intensive challenge.

Hatha Yoga

Physical postures (Asanas) are taught with a focus on alignment and breath while entering, holding, and leaving the posture - to stretch, strengthen and flex the body.

Hatha yoga is an excellent style for students who appreciate longer holds in individual postures and prefer a slower and more meditative approach to practice (while still reaping the benefits of a physical practice). Often described as 'Meditation in Motion' facilitating an overall feeling of wellbeing.

Vinyasa Flow Yoga

Vinyasa means "breath-synchronized movement," and Vinyasa yoga is a series yoga poses that will move you through the power of inhaling and exhaling. Vinyasa movements are smoothly flowing and almost dance-like; imagine a sequence of yoga poses to the flow of breath, which explains why it is sometimes referred to as Vinyasa Flow or just Flow.

Aqua

Aquafit

A Fun class incorporating low impact moves in the water that will leave you feeling mobilized and energized.

Core

Arke

A circuit based class focusing on the use of the ARKE equipment designed by Technogym. This equipment is multi-functional and focuses on core strength and stability, this combined with other compound movements gives a great all over body workout.

Stability Ball

Focusing mainly on the core. The Stability Ball (Swiss ball) class uses both stability ball and body weight exercises. Stability ball is a fun way to train the core, become more flexible and train the whole body in one class. If you are looking to improve coordination, build strength and activate key muscles then this is the class for you.

Ab Attack

A fun packed 15 or 30 minutes class designed to tone, build and strengthen the abdominal muscles. Using various skills and techniques to target the core muscles. Bored of sit ups? Ab Attack offers a huge variety of exercises to do alternatively or alongside your normal abs routine.

Dance

Zumba

The class that started the dance fitness revolution and changed the way we look at a workout forever. Its fun, effective and best of all, made for everyone.

Dancing

A great way to start the day, using Jazz, Latin, Irish and pop music, come join us for some Salsa and Latin line dancing. The class is suitable for all levels, with no impact moves, a smooth shoe is recommended.