



CAVERSHAM

Health & Fitness

STUDIO TIMETABLE 2010

Monday

- 09.30-10.30 Strength & Tone - Mark
- 10.30-11.30 Yoga - Aleigh
- 12.15-13.00 Spin - Mark
- 18.00-19.00 Hi-Lo Aerobics - Karen
- 18.10-18.50 Spin - Natalie
- 19.00-20.00 Pump - Natalie
- 20.00-21.00 Yoga - Aleigh

Tuesday

- 09.40-10.30 Spin - Kevin
- 10.30-11.30 Hatha Yoga & Conditioning - Veronica
- 11.30-12.30 Pilates - Bev
- 18.00-19.00 Body Combat - Ricardo
- 18.15-19.00 Spin - Siobhan
- 19.00-20.00 Pilates - Julie
- 20.00-21.00 Pilates Beginners Course (£) - Julie
(Next Course commencing 2nd Feb)

Wednesday

- 09.30-10.30 Pump - Ciaran
- 10.30-11.15 Crossfit Combat-Steve(From 27th Jan)
- 12.00-13.00 Adult Ballet (£) - Mo
- 13.00-14.00 Adult Tap (£) - Mo
- 18.00-19.00 Boxing Circuit - Tony
- 18.15-18.45 Beginners Spin - Vee
- 19.00-20.00 Spin - Hazel
- 19.00-20.00 Pure Stretch - Ciaran (Begins 3rd Feb)
- 20.00-21.00 Yogalates – Julia

Thursday

- 09.30-10.10 Spin - Fiona
- 10.15-11.00 Dynamic Yoga Flow - Veronica
- 18.00-18.45 Circuit Training - Tony
- 18.00-18.45 Spin & Conditioning - Hazel
- 18.45-19.45 Yoga - Luci
- 19.45-20.45 Adult Ballet (£) – Mo
- 20.45-21.45 Adult Jazz (£) - Mo

Friday

- 07.00-07.45 Spin - Siobhan
- 09.30-10.30 Conditioning - Fiona
- 10.45-11.45 Yogalates - Julia
- 18.30-19.15 Spin - Fitness Team

Saturday

- 09.15-10.00 Spin - Mark
- 10.00-11.00 Step - Ciaran

Sunday

- 10.00-11.00 Pump - Natalie
- 11.15-13.45 Self Defence (£)
- 17.00-17.45 Spin - Natalie

Classes are available to book 1 day in advance,
Please book at reception or call on
01189 482970

(£) indicates a paid course, please ask reception
for more information



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STUDIO CLASS DESCRIPTIONS

STRENGTH & TONE – It's like pump but "pimped up" to keep your body guessing what's coming next so you'll see results faster and learn new exercises to incorporate into your gym routines.

YOGA – Prepares the body for the spiritual path via physical and breathing exercises whilst focusing on developing strength, endurance and correct body alignment, in addition to flexibility and relaxation.

SPIN - Stationary group cycling class featuring various different terrains to give you the ultimate in cardio workouts and a serious calorie burn.

HI-LO AEROBICS – An excellent aerobic workout using easy to follow high and low impact moves

PUMP – The ultimate and complete strength training workout using interchangeable barbells and dumbbells.

HATHA YOGA & CONDITIONING

- This class involves a half hour of body conditioning, strengthening and toning all the major muscle groups. This is followed by

a half hour of Hatha Yoga, deeply stretching all the major muscles and releasing tension. The class ends with a short relaxation. Strength and flexibility, a great combination. Suitable for all levels and ages.

PILATES – Pilates works on many different levels to re-educate your body's movement patterns targeting deep postural muscles, re-balancing and bring the body into correct alignment.

BODY COMBAT – A non-combat, martial arts-based fitness programme with moves drawn from karate, tae kwon do, kung fu, kickboxing, Muay Thai and t'ai chi. A choreographed class providing an exhilarating exercise experience that delivers ultra-fast fitness results.

BOXING CIRCUIT – Boxing is one of the fastest ways to reach your fitness goals. With this a mix of cardio training and strength exercises using punch bags too, you will be sure to enjoy yourself whilst having the ultimate workout.

BEGINNERS SPIN – An introduction to spin where you will be shown how to set up and use your bike with a short class lasting 20 minutes.

YOGALATES – Combines both techniques using harmonising and balancing postures of yoga to create physical and mental serenity, while strengthening core muscles through the control of pilates.

DYNAMIC FLOW YOGA- Power yoga is a dynamic, flowing yoga class. The sequence of postures is designed to systematically and progressively work every muscle and joint. Every posture prepares you for the next one, resulting in incredible benefits such as improved mobility, concentration, boosted energy and overall rejuvenation. Suitable for all ages and levels.

CIRCUIT TRAINING – The perfect blend of cardio training mixed with strength exercises in this high energy circuit class.

SPIN & CONDITIONING – A mixed class where you can get the benefits from a mini 20 minute spin giving you the ultimate cardio workout together with a mini 20 minutes conditioning workout to increase muscular tone and endurance.

CONDITIONING – Great for increasing muscular tone and endurance for the complete total body conditioning workout.

STEP – An excellent aerobic workout using the step and basic movement patterns.

PURE STRETCH – Will improve your range of movement as you work through a sequence of stretches.

CROSSFIT COMBAT – A combination of high intensity training, using body weight & various resistance methods combined with a style of combat fitness.