

Find the class that suits your lifestyle

# Caversham Health & Fitness Class Timetable

Timetable from Monday 6th February 2012

MONDAY					TUESDAY					WEDNESDAY				
Time	Duration	Class	Area	Instructor	Time	Duration	Class	Area	Instructor	Time	Duration	Class	Area	Instructor
07:00	45 mins	Spin	Spin Studio	Gym Team	06:15	45 mins	Spin	Spin Studio	Gym Team	06:15	45 mins	Box Fit	Studio	Gym Team
09:30	60 mins	Strength & Tone	Studio	Andy	09:30	60 mins	Salsa Aerobics	Studio	Elieser	09:30	60 mins	Pump	Studio	Ciaran
10:30	60 mins	Zumba	Studio	Sophia	10:30	60 mins	Intermediate Pilates	Studio	Julie	10:30	60 mins	Pure Stretch	Studio	Ciaran
11:30	60 mins	Hatha Yoga	Studio	Jo	12:30	30 mins	LBT	Studio	Gym Team	12:30	30 mins	Core Cruncher	Studio	Gym Team
12:30	30 mins	Group PT	Studio	Gym Team	18:00	60 mins	Body Combat	Studio	Ricardo	18:00	60 mins	Body Combat	Studio	Ricardo
17:45	45 mins	Kettlecise	Studio	Caroline	18:15	45 mins	Spin	Spin Studio	Natalie	18:15	30 mins	Beginners Spin	Spin Studio	Hazel
18:10	60 mins	Spin	Spin Studio	Natalie	19:00	60 mins	Pilates	Studio	Julie	19:00	60 mins	Spin	Spin Studio	Hazel
18:30	60 mins	Running Club	Reception	Lisa	19:30	45 mins	Spartan Training	Court 2	Andy	19:00	45 mins	Salsa Aerobics	Studio	Elieser
18:30	45 mins	Salsa Aerobics	Studio	Elieser	20:00	60 mins	Beginners Pilates	Studio	Pilates	19:30	45 mins	Advanced Lifting	Weights	Ben
19:15	60 mins	Pump	Studio	Natalie						19:45	45 mins	LBT	Studio	Caroline

  

THURSDAY					FRIDAY					SATURDAY				
Time	Duration	Class	Area	Instructor	Time	Duration	Class	Area	Instructor	Time	Duration	Class	Area	Instructor
06:15	60 mins	Pump	Studio	Natalie	06:15	45 mins	Spin	Spin Studio	Gym Team	09:15	45 mins	Spin	Spin Studio	Natalie
09:30	45 mins	Spin	Spin Studio	Lisa	09:30	60 mins	Conditioning	Studio	Caroline	10:00	60 mins	Boot Camp	Studio	Caroline
9:30	60 mins	Boot Camp	Studio	Caroline	10:30	60 mins	Zumba	Studio	Sophia	11:00	60 mins	Pilates	Studio	Julie
10:30	60 mins	Pilates	Studio	Julie	11:30	60 mins	Pilates	Studio	Julie	12:30	60 mins	Zumba	Studio	Agnes
12:30	30 mins	Beginners Spin	Spin Studio	Gym Team	12:30	30 mins	Group PT	Studio	Gym Team					
18:00	60 mins	Zumba	Studio	Sophia	18:00	60 mins	Zumba	Studio	Agnes	<b>SUNDAY</b>				
*18:00	90 mins	*Squash Coaching Beg/Int	Court 2	Luc	19:00	60 mins	Kettlecise	Studio	Caroline	09:45	30 mins	Core Cruncher	Studio	Gym Team
18:15	45 mins	Spin	Spin Studio	Caroline	20:00	60 mins	Box Fit	Studio	Gym Team	10:15	60 mins	Power Yoga	Studio	Michelle
*18:45	90 mins	*Squash Coaching Master	Court 2	Rick										
19:00	60 mins	Killer Circuits	Studio	Andy										
20:00	60 mins	Hatha Yoga	Studio	Michelle										

- a Aerobic** | Work your heart and lungs, burn calories, and improve cardiovascular fitness, get up and get moving.
- c Conditioning** | Improve your overall body tone, a class to condition and strengthen your body.
- e Escape** | Relax your mind by improving flexibility and posture, an excellent way to keep fit and reduce stress.
- b Beginners** | Great introductory classes to ease you back in to the gym.
- s Squash** | \*Coaching classes will run on alternate weeks - please ask at reception for details



Scan to view timetable and class descriptions online  
[www.clubchf.co.uk](http://www.clubchf.co.uk)

Call 0118 948 4849 to book a class - up to 3 days in advance | Non-members - book on the day - £7.50 per class  
 Members can now book classes online! Ask a member of the team about 'Member Zone'



## Class Descriptions

### Advanced Lifting **c**

Weight sessions for those looking for some new ideas, exercises or corrections to your technique.

### Beginners Pilates **b**

A six week course designed to teach the basic Pilates principles and techniques in a small group enabling individual attention.

### Beginner's Spin **b**

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

### Body Combat **a**

Combining moves and stances from a range of martial arts, this variety of boxing exercises and techniques helps to increase your fitness in no time.

### Boot Camp **a**

A military style circuit class that combines interval training with strength and conditioning exercises. Using a mixture of free weights and body weight exercises this class helps work towards goals of weight loss, toning, increasing cardiovascular efficiency and increased strength.

### Box Fit **a**

Improving stamina, muscle tone and strength this class uses a variety of boxing exercises and techniques to increase your fitness in no time.

### Conditioning /Strength & Tone **c**

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

### Core Cruncher **c**

A short sharp session dedicated to your core. Get those abs crunching and work towards a flatter stronger stomach and lower back.

### Group PT **c**

A session tailored to you. Your instructor will challenge you and show you what they can offer. A great chance to try something new!

### Hatha Yoga **e**

This class involves 30 minutes of body conditioning, strengthening and toning all the major muscle groups. This is followed by 30 minutes of Hatha Yoga, deeply stretching all the major muscles and relaxing tension. The class ends with a short relaxation. Strength & flexibility – a great combination.

### Kettlercise **a**

An intense workout with kettlebells to increase strength and muscle tone through the pulls, swings and presses Providing an overall workout rather than focusing on one particular area.

### Killer Circuits **a**

A fast paced, multi station group exercise class designed to work on all the basic elements of fitness.

### Legs, Bums & Tums **c**

Starting with an aerobic pulse raiser followed by exercises designed to target your lower body muscles. This class uses upbeat floor exercises to help reshape those problem areas.

### Pilates **e**

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

### Power Yoga **e**

This faster paced yoga class keeps you focussed on your breathing, moving quickly through your yoga poses, increasing flexibility & strength.

### Pump **c**

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

### Pure Stretch **e**

Tight hamstrings, sore muscles and poor core strength can affect your whole posture leading to discomfort. Increase your range of movement, decrease your risk of injury and improve your quality of life with Pure Stretch.

### Running Club **a**

Great for those training for the Reading Half Marathon or just wanting to get out and run with others.

### Salsa Aerobics **a**

This unique class combines the fun element of salsa dancing with the traditional benefits of aerobic exercise.

### Spartan Training **a**

This Spartan workout is not for the faint hearted, nor the out of shape! The Spartan Warrior lived over 2000 years ago, yet still today, they epitomize the ultimate in physical and athletic excellence. Can you tackle this combat conditioning orientated workout head on?

### Spin **a**

A workout sure to increase your cardio fitness and burn fat using a static bike and incorporating flat and hills simulated by changing the resistance.

### Squash Coaching **s**

If you interested in trying squash but don't know where to start sign up for the beginners or intermediate session. Intermediate and advanced players can join Rick Weatherall for friendly matches with advice on tactics, technique, psychology, and much more.

### Zumba **a**

This fun class fuses hypnotic Latin rhythms, music and easy to follow dance moves (Salsa, Merengue, Reggaeton, Belly Dance, Cumbia, Flamenco and MORE!) to create a dynamic dance fitness class that tones your whole body.