

# MONDAY

AM	6.45 - 7.15	metabolic conditioning
	9.30 - 10.15	kettlebells
	10.30 - 11.30	strength session (gym based)
	10.30 - 11.15	pilates
PM	4.30 - 5.00	metafit
	5.15 - 6.00	zumba
	6.00 - 6.45	step
	6.00 - 7.00	strength session (gym based)
	7.00 - 8.15	yoga

# TUESDAY

AM	6.30 - 7.15	strength session (gym based)
	9.30 - 10.15	zumba
	9.30 - 10.30	strength session (gym based)
	10.30 - 11.45	yoga
PM	5.30 - 6.15	spin
	6.30 - 7.15	kettlebells

# WEDNESDAY

AM	6.45 - 7.15	metafit
	9.30 - 10.15	hoopcercise
	9.30 - 10.30	strength session (gym based)
	10.15 - 11.00	pilates
PM	5.15 - 5.45	kettlebells
	5.45 - 6.30	C40
	6.00 - 7.00	strength session (gym based)
	6.45 - 8.15	ashtanga yoga

# WALKING CLUB

10.30 - 11.45am	Tuesdays
6.30 - 7.15am	Wednesdays
10.30 - 11.45am	Thursdays

# THURSDAY

AM	6.30 - 7.15	strength session (gym based)
	6.30 - 7.15	spin
	9.30 - 10.15	cardio and tone
PM	5.15 - 6.00	C40
	6.00 - 6.30	metafit
	6.30 - 7.15	pilates
	6.30 - 7.30	strength session (gym based)

# FRIDAY


AM	6.45 - 7.30	circuits
	9.30 - 10.15	spin
	10.15 - 10.45	abs blast
	10.45 - 11.30	fitsteps
PM	5.00 - 5.30	metabolic conditioning

# SATURDAY

AM	9.00 - 10.15	yoga
	9.00 - 10.00	strength session (gym based)
	10.30 - 11.30	bootcamp

# SUNDAY

AM	9.00 - 9.30	ab-ility
	9.30 - 10.15	spin
	10.30 - 11.00	metafit

Download the **GymSync** app  or login online [gymsync.co.uk](https://gymsync.co.uk)  
 Browse and book your classes with ease • Receive class reminders and other notifications  
 Add yourself to reserve lists for fully booked classes • Easily cancel your place (and free it up for someone else!) Ask team for further details

# RUNNING CLUB

7.30 - 8.30pm	Tuesdays
6.30 - 7.15am	Wednesdays
5.30 - 6.30pm	Fridays

# CLASS INFORMATION

All our classes are free to members and cater for a range of abilities. If you are unsure the class is right for you or have any injuries or illnesses that could affect your participation, or if you simply wish for more information about the class, please speak to our fitness team or approach the class instructor prior to attending the class.

**Ab-ility** Core stability/strength integrated with foam rolling, resistance bands and dynamic stretching to improve your mobility and stability.

**Astanga Yoga** A dynamic, physically demanding practice which synchronises breath and movement to produce internal heat designed to purify the body. It is great for building core strength, stamina, flexibility and toning the body.

**Boxercise®** Incorporates a combination of boxing techniques, cardio and resistance exercises to create the ultimate stress busting, fat burning, total body conditioning workout.

**C40** 40-minutes of aerobics, easy to follow moves, set to fun and exciting music using a variety of different cardiovascular and muscle strengthening techniques to give your body the challenge it needs.

**Cardio & Tone** Combining cardiovascular and resistance training and utilising a wide range of equipment to create a body sculpting class like no other on the timetable.

**Classical Pilates** This mat-based toning class is designed to build strength, balance and flexibility whilst improving posture and core stability; designed by Joseph Pilates, himself!

**FitSteps®** This is an energetic, upbeat dance workout which mixes the graceful steps of Ballroom and the up-tempo steps of Latin dance to create a fun-filled class where you don't even realise you're getting fit.

**Hoop-ercise** A fun and effective workout using a weighted, padded hula hoop that will strengthen and slim your core. You'll be having so much fun, you won't even notice!

**Kettlebells** An effective whole body strengthening workout using a Kettlebell to produce a dynamic resistance. Class formats also include traditional bodyweight exercises and are designed to shape and tone your body whilst increasing strength and mobility.

**Metabolic Conditioning** Loaded with barbells and weights this workout will put your muscles into a metabolic shock, your lungs into an oxygen debt, which will have you burning the maximum amount of calories possible.

**Metafit™** The original metabolic workout that burns calories for 24hrs! A typical class is less than 30-minutes and combines traditional bodyweight exercises with high intensity interval training.

**Spin** An indoor experience where you'll spin your way through a mixture of terrains - tackling hills, time trials, sprints and flats. You'll ride to motivating music whilst improving your cardio fitness, burning calories and strengthening your legs and core.

**Step** A high energy, fun fitness class where you perform a range of aerobic moves using a 'step' to enhance your workout. Increase your stamina, tone your legs, and bust some stress.

**Strength Session** Based in the gym, you will work on strength and technique with free weights (max 4 people per session) **Must be pre-booked.**

**Yoga** Designed to be practised by people of all abilities and be quickly adopted into your weekly fitness routine. This class increases strength and flexibility, improves posture and core stability, whilst building a heightened feeling of positivity.

**Zumba®** Combines Latin and International music with fun and effective easy to follow dance moves and aerobic elements. This class is safe for all ages and abilities, anyone can 'Join the Party!'



## HEALTH ASSESSMENTS AND PROGRAMMES

We offer health assessments and exercise programmes as part of your membership. This is available as many times as you require but must be booked in advance.

### TECHNICAL SESSIONS

This 20 minute session can be used to ask our gym team advice or any questions you may have about specific exercises or equipment in the gym. Must be booked in advance.

**Please ask a member of the gym team for details**



### CLASS ETIQUETTE

- Entrance to classes is not permitted once the class has started.
- Please inform the instructor of any injuries or medication before commencing any fitness class.
- Selected classes are pre-bookable via the GymSync app or online, gymsync.co.uk
  - Please ensure that you cancel your booking if you are not able to attend a class.
- Due to health and safety, classes have a restricted number of spaces.
- Class timetables and instructors are subject to change.



### OPENING TIMES

Monday - Friday 6.30am - 10pm  
Saturday & Sunday 8am - 7pm

**Call 01294 316090**

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Updated: 21/02/19

# Gailes

Golf : Leisure : Spa

# CLASS TIME TABLE

A better lifestyle  
begins here

