

## MONDAY

BOOTCAMP		06.45 - 07.15
ABS BLAST		07.15 - 07.30
KETTLEBELLS		09.30 - 10.15
YOGA		10.30 - 11.30
.....		
SPIN		17.30 - 18.15
LEGS, BUMS & TUMS		18.30 - 19.15
STRETCH & MINDFULNESS		19.15 - 19.30

## TUESDAY

KETTLEBELLS		06.45 - 07.15
LEGS, BUMS & TUMS		09.00 - 09.45
ZUMBA		10.00 - 10.45
PILATES		11.00 - 12.00
.....		
LEGS, BUMS & TUMS		17.30 - 18.15
BOOTCAMP		18.30 - 19.15
STRETCH & MINDFULNESS		19.15 - 19.30

## WEDNESDAY

SPIN		06.45 - 07.15
ABS BLAST		07.15 - 07.30
HOOPER-CISE		09.30 - 10.30
BARRE		10.30 - 11.30
STRETCH & MINDFULNESS		11.30 - 12.00
.....		
C40		17.15 - 18.00
STEP		18.00 - 18.45
SKIP FIT & ABS		19.00 - 19.30

## THURSDAY

HIIT		06.45 - 07.15
SPIN		07.30 - 08.15
BOOTCAMP		09.30 - 10.15
.....		
LEGS, BUMS & TUMS		17.30 - 18.15
YOGA		18.30 - 19.30

## FRIDAY

SKIP FIT & ABS		06.45 - 07.15
HIIT		09.30 - 10.00
LEGS, BUMS & TUMS		10.15 - 11.00
.....		
BOOTCAMP		17.30 - 18.15

## SATURDAY

BOOTCAMP		09.00 - 09.45
LEGS, BUMS & TUMS		10.00 - 10.45

## SUNDAY

SPIN		09.00 - 09.45
KETTLEBELLS		10.00 - 10.45

## 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.

### ABS BLAST

15 minutes of core exercises designed to tone up your abs

### BARRE

Barre is a hybrid workout class - combining ballet inspired moves with elements of Pilates, dance, yoga and strength training.

### 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.

### HIIT

High Intensity Interval Training - A typical class is less than 30-minutes and combines traditional bodyweight exercises with high intensity interval training.

### HOOPERCISE

Provides excellent fitness for the body and a meditation-like state for the mind. Much like dance, hoopercise increases coordination, grace in movement, core strength, tones the muscles and improves cardiovascular fitness. It keeps you engaged and is a refreshing change from your old exercise routine.

### KETTLEBELLS

A total body workout that combines power and strength to build stamina and total body strength. Helping strengthen your core and improve posture, while stripping body fat.

### LEGS, BUMS & TUMS

A full body aerobic workout that aims to tone up your thighs, bum and stomach, great for those who want to lose weight or even for those who simply want to improve their fitness.

### 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!

### SKIP FIT

This is a skipping class that will be high intensity but can be tailored to the individual.

### SPIN

A high intensity cycling workout that takes place on a stationary machine with a heavy, weighted flywheel that is linked to the pedals. The result is a fixed gear bike (like a track bike) - your legs are constantly moving and you have to apply pressure to slow them down.

### 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.

### 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!'

Download the FitSense app 

- Browse and book your classes with ease
- Personalised workouts
  - SixSense Nutrition
- Track your progress in real time
- Check-in

**GAILES**  
GOLF : LEISURE

Updated: 10/09/2021