

CLASS DESCRIPTIONS

SPIN

Indoor cycle class with elements of high intensity, improving overall cardiovascular fitness.

SPIN CIRCUIT

Combining indoor cycling with circuit training, this class will have you burning calories in no time!

BOXFIT

Cardio and resistance based training working at high-intensity to burn those calories as well as have some good fun! Must bring your own gloves.

YOGA STRETCH

A full body gentle flow aimed at stretching, loosening and relaxing your muscles and mind.

LEGS, BUMS & TUMS

Lower body and ab focussed workout designed to strengthen, tone and improve aerobic fitness.

HIIT

High intensity interval training at its best. Get ready to push yourself to your limits and beyond! This is HIIT not MIIT!

ZUMBA

Ditch the workout...start the party! Fusing Latin rhythms and easy to follow moves to create a fitness class to blow your mind!

DANCE FIT

Spend an hour having fun, dancing with friends, and burning calories at the same time.

PUMP

The ultimate muscle building class. Using mainly barbells, learn how to sculpt and build muscle for both upper and lower body.

CIRCUITS

The ultimate muscle building class. Using mainly barbells, learn how to sculpt and build muscle for both upper and lower body.

PILATES

A system of repetitive exercises performed on a mat with the aim to promote strength, stability, and flexibility.

BURN

A full-body workout targeting fat burn while building serious strength.

BOOKING

To book a regular or virtual class, please simply scan the QR code below to find our club.



CLASSES TIMETABLE

CLASS TIMETABLE

ALLESTREE SPRING 2024

MONDAY

BODYWEIGHT CIRCUITS
06.30 - 07.00

BODYWEIGHT CIRCUITS
09.30 - 10.00

DANCE FIT
10.00 - 11.00

BURN
17.30 - 18.00

ZUMBA
18.00 - 19.00

TUESDAY

RESISTANCE CIRCUITS
06.30 - 07.00

RESISTANCE CIRCUITS
09.30 - 10.00

ABS BLAST
10.00 - 10.20

DANCE STEP
10.45 - 11.30

PUMP
17.30 - 18.00

ABS BLAST
18.00 - 18.20

WEDNESDAY

HIIT
09.30 - 10.00

YOGA STRETCH
10.00 - 10.30

CIRCUITS
17.30 - 18.00

PILATES
18.00 - 18.45

THURSDAY

PUMP
06.30 - 07.00

PUMP
09.30 - 10.00

DANCE FIT
10.00 - 11.00

BOX FIT
17.30 - 18.00

SPIN CIRCUIT
18.00 - 18.45

FRIDAY

LEGS, BUMS & TUMS
09.30 - 10.15

SPIN
17.30 - 18.00

SATURDAY

SATURDAY SURPRISE*
08.15 - 09.00

*a rotation of classes between our
3 instructors (Box Fit, Circuits, HIIT)

SUNDAY

SPIN
08.30 - 09.00

PILATES
09.15 - 10.15

KEY

- STRENGTH / TONE**
- CARDIO**
- MIND / BODY**
- STRENGTH & CARDIO**

FIND US

Go online: choiceshealthclubs.com/allestree

Visit us: Park Farm Shopping Centre, Park Farm Drive, Derby, DE22 2QN

Call us: 01332 553 845

Follow us: @choicesallestree on Instagram and Facebook

All classes require a minimum of 3 people, subject to numbers classes may be cancelled.

CHOICES
HEALTH + FITNESS