

## CLASS DESCRIPTIONS

**PUMP** - The world's most popular group exercise. Squat press and lift your way to the ultimate full body work out.

**BOX FIT** - This high intensity class gets you fit and teaches you the techniques commonly used in boxing training.

**LEGS, BUMS AND TUMS (LBT)** - This class will shape, tone and tighten everything below your waist!

**PILATES** - An innovative system of mind body exercises providing an educational approach to using your body to its full potential.

**SPIN** - Experience the ride of your life with the original indoor cycling program!

**AB ATTACK** - Using barbells, bodyweight and cardio training techniques this gives a calorie burn and tone at the same time.

**AQUA** - A fun low impact workout as the buoyancy of the water reduces your weight on impact, resulting in much less strain on your muscles and joints.

**VIRTUAL SPIN** - A spin class that takes you on a virtual reality rollercoaster. Programmes suitable for all levels.

**TRIBE** - A gym floor based active workout in a small group with a fitness instructor to kick start or help you on your way to using the equipment.

**CIRCUITS** - A form of body conditioning, endurance training or resistance training set out in stations to complete at high intensity.

**BEGINNERS YOGA** - Sessions will include the teaching of physical yoga postures,

encompassing stretch, strength and balance, as well as breathing techniques and simple meditation practices. You will leave feeling calm and grounded.

**SPORTS YOGA** - A specialist yoga-inspired class, designed to address sport's specific issues. The sessions will include elements of stretch and strength, including correct breath patterning for core stability, core strengthening, flexibility, mobility and balance focused movements.

**TABATA** - Blocks of 4 minutes of High Intensity Interval Training combining bodyweight exercises, weights and cardio for an incredible heart pumping work out.

**KETTLERCISE** - A Kettlebell workout to sculpt and tone every muscle group while giving a great cardio blast!

**COMPONENTS OF FITNESS** - Each week will focus on a different component of fitness. Speed, strength, stamina, power, flexibility, agility, balance and skill will all be tested in this new class concept.

**KETTLEBELL HIIT** - A fast-paced HIIT class combining Kettlebells and body weight movements.

**CORE CONDITIONING** - There's more to your core than just your abs! We show you how to effectively train your whole core in this strengthening class.

**HIIT SQUAD** - High intensity interval training with a twist. It could be with a partner, in a team or by yourself.

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# GROUP EXERCISE TIMETABLE

WINDERMERE  
AS OF JULY 2020



STAY SAFE.

# WINTER CLASS TIMETABLE

## WINDERMERE - AS OF JULY 2020

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>VIRTUAL SPIN</b> 07.00-07.30	<b>AQUA</b> 11.00-11.30	<b>VIRTUAL SPIN</b> 07.00-07.30	<b>KETTLEBELL HIIT</b> 10.00-10.45	<b>VIRTUAL SPIN</b> 07.00-07.30	<b>SPIN</b> 10.00-10.45	<b>SPIN</b> 10.00-10.45
<b>TABATA</b> 10.15-10.45	<b>VIRTUAL SPIN</b> 14.00-15.00	<b>SPIN</b> 10.00-10.45	<b>VIRTUAL SPIN</b> 14.00-15.00	<b>TRIBE</b> 10.00-10.45	<b>AB ATTACK</b> 10.55-11.15	<b>VIRTUAL SPIN</b> 14.00-15.00
<b>VIRTUAL SPIN</b> 14.00-15.00	<b>HIIT SQUAD</b> 17.30-17.55	<b>VIRTUAL SPIN</b> 14.00-15.00	<b>CORE CONDITIONING</b> 17.25-17.55	<b>CIRCUITS</b> 17.30-18.15	<b>VIRTUAL SPIN</b> 14.00-15.00	
<b>COMPONENTS OF FITNESS</b> 17.30-18.00	<b>SPIN</b> 18.05-18.50	<b>PUMP</b> 17.30-18.30	<b>KETTLEBELLS</b> 18.05-18.50			
<b>CIRCUITS</b> 18.10-18.50	<b>AB ATTACK</b> 19.00-19.20		<b>SPIN</b> 19.00-19.45			
<b>SPIN</b> 19.00-19.30						

# SWIM TIMETABLE

## WINDERMERE

Adults only swim times

Monday to Friday 06.30 - 09.30 & 19.00 til 21.30 (18.00 to 19.30 Friday)

Saturday and Sunday 08.30 to 10.30

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

**WE  
ARE  
OUR  
CHOICES**

**CARDIO**  
**STRENGTH / TONE**  
**SWIM**