

## CLASS DESCRIPTIONS

**DANCE FIT** - Spend an hour having fun and dancing with friends... and burning a shed load of calories at the same time!

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

**DARK PUMP** - Our Pump class gets a dark twist. Squat, press, pull and lift your way to the ultimate full body workout.

**YOGALATES** - A combination of Yoga, Tai Chi and Pilates that builds flexibility and strength leaving you feel centred and calm.

**H.I.I.T. CIRCUITS** - Using a variety of functional techniques this is the ultimate workout for getting yourself stronger and fitter faster.

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

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

**TOTAL FITNESS** - Tone your body all over using nothing more than your own body weight. This fun and challenging class will tone tummy, back, legs, arms and bum!

**CORE CONDITIONING** - A specialist class aimed specifically at your core. This will strengthen you abs but also look to give you greater strength and balance.

**ZUMBA** - Ditch the workout... start the party! Fusing Latin rhythms and easy to follow moves to create a fitness program that will blow your mind.

**FAST CLASS** - 15 minute classes that will constantly vary. These are great for

people looking to get the maximum effect from the minimum available workout time.

**KETTLAFIT** - Full body workout using kettlebells great why to tone up and loose weight at the same time.

**MMA FIT** - Combining dynamic and explosive martial arts with total body conditioning, this class will have you fighting fit in no time.

**SPIN HYBRID** - Spinning gets an upgrade! Get the best of both worlds using a combination of indoor cycling and resistance training in one class!

**CARDIO BLAST** - 15 minutes of heart pumping cardio that can be used as either an effective warm up, or an explosive way of helping to lose weight.

**KETTLEBELL FUSION** - Combining the classic kettlebell with a variety of other pieces of equipment, this class will work every muscle in the body. Two instructors, double the fun. (Subject to instructor availability)

**GLUTE ATTACK** - 15 minutes of intense exercise which will work your glutes to the max, creating the definition and curves you can be proud of!

**ABS BLAST** - Short intense workout focusing on your abs great way to get your 6 pack for summer!

**BOOT CAMP** - Circuit based training using lots of different exercises working the whole of your body.

**TAI CHI** - This class helps reduce stress and anxiety. It also helps increase flexibility and balance.



# GROUP EXERCISE TIMETABLE

ALLESTREE / DERBY  
AS OF SEPTEMBER 2020



# CLASS TIMETABLE

ALLESTREE - AS OF SEPTEMBER 2020

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>MEDICINE BALL</b> 09:05-09:20	<b>FAST CLASS</b> 09:05-09:20	<b>MEDICINE BALL</b> 09:05-09:20		<b>FAST CLASS</b> 09:05-09:20		
<b>SPIN</b> 09:30-10:00	<b>SPIN</b> 09:30-10:00	<b>SPIN</b> 09:30-10:00	<b>SPIN</b> 09:30-10:00	<b>SPIN</b> 09:30-10:00	<b>SPIN</b> 09:30-10:00	<b>SPIN</b> 09:30-10:00
<b>DANCE FIT</b> 10:00-10:45	<b>TOTAL FITNESS</b> 10:15-11:00	<b>YOGALATES</b> 10:15-11:00	<b>DANCE FIT</b> 10:00-11:00	<b>CORE CONDITIONING</b> 10:15-10:30	<b>KETTLEFIT</b> 10:15-10:45	<b>HIIT</b> 10:15-10:45
<b>PUMP</b> 18:00-19:00	<b>HIIT</b> 18:00-18:45	<b>LBT</b> 18:00-18:45	<b>KETTLEFIT</b> 18:00-18:45	<b>SPIN</b> 18:00-18:30		
<b>ZUMBA</b> 19:15-20:15	<b>WEIGHT LOSS BODY PUMP</b> 19:00-19:45	<b>SPIN</b> 19:00-19:45	<b>ZUMBA</b> 19:00-20:00			

**WE  
ARE  
OUR  
CHOICES**

**CARDIO**  
**STRENGTH / TONE**  
**MIND/BODY**  
**EXPRESS FITNESS**  
**VIRTUAL**