

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 TEMPORARY TIMETABLE



STAY
SAFE.

A photograph of a person in a dark t-shirt performing a plank exercise on a gym floor. The person is in a low, stable position with their arms extended. A large green circle is overlaid on the image, containing the text 'STAY SAFE.' in white, bold, sans-serif font. A vertical green bar is visible on the right side of the image.

WINTER CLASS TIMETABLE

WINDERMERE - TEMPORARY TIMETABLE

MON	TUES	WED	THURS	FRI	SAT	SUN
SPIN 07.00-07.30	VIRTUAL SPIN 14.00-15.00	SPIN 07.00-07.30	KETTLEBELL HIIT 07.00-07.45	SPIN 07.00-07.30	SPIN 10.00-10.45	VIRTUAL SPIN 10.00-10.45
VIRTUAL SPIN 14.00-15.00	HIIT SQUAD 17.30-17.55	VIRTUAL SPIN 14.00-15.00	VIRTUAL SPIN 14.00-15.00	TRIBE 10.00-10.45	AB ATTACK 10.55-11.15	VIRTUAL SPIN 14.00-15.00
COMPONENTS OF FITNESS 17.30-18.00	SPIN 18.05-18.50	PUMP 17.30-18.30	CORE CONDITIONING 17.25-17.55	CIRCUITS 17.30-18.15	VIRTUAL SPIN 14.00-15.00	
CIRCUITS 18.10-18.50	AB ATTACK 19.00-19.20		KETTLEBELLS 18.05-18.50			
SPIN 19.00-19.30			SPIN 19.00-19.45			

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