

# CLASS DESCRIPTIONS

## POWER HOUR CLASSES

**SPIN CALORIE CRUSHER** - Torch as many calories as possible with the ultimate indoor cycling class! 60 minutes of fun & fitness. Lets get sweaty!

**IRON MAN** - Are you brave enough to take on the 60 minute iron man challenge? High intensity circuits utilizing various aspects of fitness & athletic skills rolled into one.

**KETTLEBELL KHAOS** - An old favourite returns! Swing, pull, push, lunge and squat your way to a fitter, functional and more toned you. One hour of complete Khaos.

**MUSCLE PUMP** - The ultimate muscle building class. Using mainly barbells, learn how to tone and build muscle from head to toe.

**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.

## FIT IN 45

**SPIN 'N' TONE** - Combining classic spin with lower body toning, this class will have you hill climbing and hovering with higher resistance. Increase fitness, burn calories and improve muscle tone.

**BOOTCAMP** - Introducing bootcamp. A new dynamic class focusing on strengthening and toning the glutes and legs bootcamp style!

**RAISE THE BAR** - A new pump style class using barbells to help build your upper body. Increase strength and muscle tone. Does exactly what is says on the tin.

**HYBRID YOGA** - A combination of classic yoga, pilates and corrective exercise. A fantastic class to build mobility, flexibility and full body strength.

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

## FIT IN 30

**TOTAL BURN OUT** - Another fantastic new class edition to our timetable. Combining yoga, HIIT, dance and combat, this is a class you would be crazy to miss.

**BODYWEIGHT BONANZA** - The ultimate bodyweight conditioning class. 30 minutes of high intensity training building your fitness and toning every muscle in your body. Get ready to work hard!

**HIIT EXPLOSION** - High intensity interval training at its very best. Get ready to push yourself to your limits and beyond.

**SPIN FIT** - A classic 30 minute indoor cycling class. Suitable for beginners to advanced riders. Sprint, hover and climb your way to a fitter you.

**STEP IT UP** - Combining classic step movements with performance, this class will get you moving like an athlete in no time.

## FIT IN 15

**SWISS BALL CONDITIONING** - Learn how to use one of the most under used but best pieces of gym equipment. Fantastic for strength, tone, balance, flexibility and mobility. A truly functional and versatile piece of kit.

**EXPRESS MUSCLE** - A 15 minute class focusing on muscle building methods. Great for those short on time.

**EXPRESS CARDIO** - Get ready to work hard in a short space of time. A short intense class designed to get that heart rate up.

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



**CHOICES**  
Health Clubs

# GROUP EXERCISE TIMETABLE

**ALLESTREE / DERBY**  
**AS OF OCTOBER 2021**

# CLASS TIMETABLE

## ALLESTREE - AS OF OCTOBER 2021

### MON

**FAB ABS**  
09:00-09:15

**SPIN N TONE**  
09:20-09:50

**DANCE FIT**  
10:00-10:45

**MUSCLE PUMP**  
18:00-19:00

**ZUMBA**  
19:15-20:15

**SPIN FIT**  
19:15-19:45

### TUES

**GLUTE ATTACK**  
09:00-09:15

**SPIN CALORIE CRUSHER**  
09:20-10:20

**FAB ABS**  
10:45-11:00

**IRON MAN**  
18:00-19:00

**SPIN N TONE**  
19:15-20:00

### WED

**AB BLAST**  
09:00-09:15

**SPIN FIT**  
09:20-09:50

**HYBRID YOGA**  
10:00-10:45

**TOTAL BURN OUT**  
18:00-18:45

**BOOTY CAMP**  
19:00-19:45

### THURS

**BODY PUMP**  
09:30-10:00

**DANCE FIT**  
10:00-11:00

**STEP IT UP**  
18:00-18:30

**ZUMBA**  
19:00 - 20:00

### FRI

**SPIN**  
09:30-09:45

**CORE CONDITIONING**  
09:50-10:05

**SPIN FIT**  
18:00-18:30

**FAB ABS**  
18:45-19:00

### SAT

**SPIN CALORIE CRUSHER**  
09:30-10:30

**HIIT EXPLOSION**  
10:45-11:15

### SUN

**SPIN FIT**  
09:30-10:00

**HYBRID YOGA**  
10:15-11:00

**WE  
ARE  
CHOICES**

**CARDIO  
STRENGTH / TONE  
MIND / BODY**



Please use Clubright app to book your regular and virtual classes.  
Scan the QR code to access your our club portal.  
All classes require a minimum of 3 people, subject to numbers classes may be cancelled.

**FOLLOW US ON:**

**IG: @CHOICESALLESTREE  
FB: /CHOICESALLESTREE**