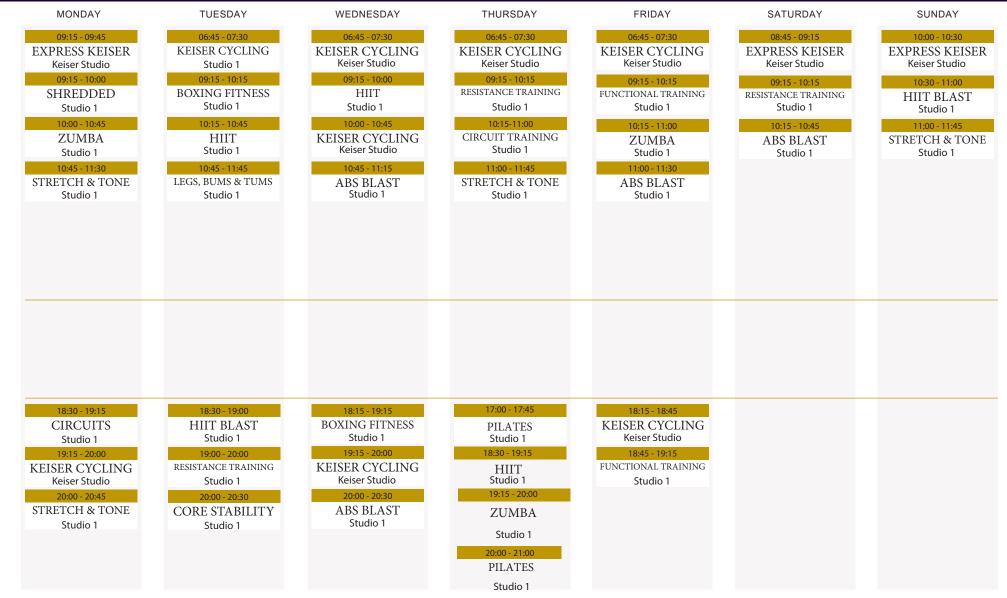
RAINHAM CLASS TIMETABLE



To book any class please ask at reception or call 01322 522209



MORNING

RAINHAM CLASS TIMETABLE

ABS BLAST

A fun packed 30 minutes designed to tone, build and strengthen the abdominal muscles. Includes floor routines, full body stretches and fast-paced exercises.class focuses on the core muscles and targets the lower back. Suitable for all levels.

BOXING FITNESS

A non-contact boxing class combining traditional boxing techniques with circuit based exercises, creating a fun full body workout for all levels of fitness

CIRCUITS

The studio is set up with various exercise stations, you'll move around each station and workout different muscle groups. You'll test both your cardio and strength for an all-round challenge. Suitable for all levels you'll work at your own individual pace.

CORE STABILITY

A 30 minute low impact workout tailored to strengthen the abdominals, obliques and back creating amazing results for the posture.

EXPRESS KEISER

A quick 30 minutes that will build up respiratory fitness and burn fat as fuel. A fun and challenging cardiovascular workout for all levels.

FUNCTIONAL TRAINING

30 – 45minute class, train your muscles to work together for daily tasks. A boot camp style class using VIPRS, Kettle bells and Resistance bands. This is a high intensity class combining different exercises to build strength and stamina.

HIIT BLAST

High intensity interval training (HIIT) is a type of cardio training in which you alternate short, very high intensity intervals with longer, slower intervals to recover. It also improves the ability of the muscles to burn fat.

KEISER CYCLING

45 minutes that will build up respiratory fitness and burn fat as fuel. A fun and challenging cardiovascular workout for all levels. Experience a full ride of hills, sprints and endurance intervals with energizing music and motivational instruction.

RESISTANCE TRAINING

60 minute full body workout. High repetition weight training and aerobic conditioning using barbells and dumbbells. It will tone your body, help you lose weight and will change your body shape. Suitable for all levels.

SHREDDED

Classes are based around five distinct principles of exercise, that pushes endurance, strength, cardio vascular fitness and fat burning are all included. The five disciplines include speed, high intensity, resistance, endurance and functional movement.

STRETCH & TONE

45 – 60 minute class using concepts of Yoga Pilates and general stretching. Toning your abs, glutes, legs and arms. Pushing your flexibility and strength. Stay firm and work your muscles to move better with a carefully structured series of stretches. Suitable for all levels.

ZUMBA

Get involved in the biggest fitness craze of the decade - Zumba[®]. It's perfect for everybody and is designed to bring people together. It's fused with Latin and World rhythms, mixed with low and high intensity dance moves and a super fun way to burn calories.



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