

# SITTINGBOURNE CLASS TIMETABLE

	MON 24TH DEC	TUES 25TH DEC	WEDS 26TH DEC	THURS 27TH DEC	FRI 28TH DEC	SAT 29TH DEC	SUN 30TH DEC
MORNING	9.15-10:00 KEISER CYCLING <i>Studio 3</i>	CHRISTMAS DAY	BOXING DAY	07:00-07:45 HIIT <i>Studio 1</i> 09:15-10:00 KEISER CYCLING <i>Studio 3</i> 10:15-11:00 AQUA <i>Pool</i>	08:00-08:30 CORE STABILITY <i>Studio 3</i> 09:15-10:00 KEISER CYCLING <i>Studio 3</i> 10:15-11:00 AQUA <i>Pool</i>	09:15-10:00 KEISER CYCLING <i>Studio 3</i> 11:00-12:00 LEGS,BUMS,TUMS <i>Studio 1</i>	09:15-10:00 KEISER CYCLING <i>Studio 3</i> 11:15-12:00 AQUA <i>Pool</i>
AFTERNOON					13:00-13:45 SHAPE UP <i>Studio 1</i>		
				18:00-18:45 KEISER CYCLING <i>Studio 3</i> 19:00-20:00 CIRCUITS <i>Studio 1</i>	17:15-17:45 CORE BALL <i>Studio 1</i> 18:00-18:45 KEISER CYCLING <i>Studio 3</i>		
EVENING							

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

# SITTINGBOURNE CLASS TIMETABLE

## ABSolution

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.

## BODY CONDITIONING

Suitable to all levels. A head to toe workout focusing on strengthening exercises, aerobic exercises and endurance.

## CORE BALL

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

## LEGS, BUMS & TUMS

This class is a mixture of cardiovascular movements and endurance exercises which will increase body strength, posture and shape.

## WATERWORKS

WaterWorks is an effective workout where you are immersed in a fun environment and can choose your intensity level. Splash your way to a better body improving your cardio fitness an agility. Swim suits are required. Appropriate swim gear required.

## AQUA

With aerobics, toning and aqua circuit, it's a total body workout for the pool. This session is great if you want the workout without the impact. Appropriate swim gear required.

## BODY PUMP

This is a Les Mills choreographed exercise to music. High repetition weight training and aerobic conditioning will tone your body, help you lose weight and will change your body shape. Please speak to the instructor if you are unsure if this is the class for you.

## EXPRESS COMBAT

An express Body Combat class of 45 minutes, for those with busy schedules.

## PILATES

This is an exercise system that focuses on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture.

## YOGA

Yoga combines physical exercises, mental meditation and breathing techniques to strengthen the muscles and relieve stress.

## BODY BALANCE

This is a Yoga, Tai Chi, Pilates workout that builds flexibility and strength. Controlled breathing and a series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

## BOKWA

An energising and addictive cardio workout routine where participants make letters and numbers with their feet and lose themselves in the music.

## HIIT

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.

## PILATES 50+

This class aims to strengthen the body with particular emphasis on flexibility balance and posture to improve general fitness and wellbeing for people with injuries or the over 50s.

## 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.

## BODY COMBAT

This is a Les Mills choreographed exercise to music. Inspired by martial arts drawing from an array of disciplines such as boxing and Tai Chi. Body Combat reduces stress whilst encouraging self confidence. This is a mixed ability class.

## 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

## KEISER CYCLING

Either 30 or 45 minutes. 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.

## SHAPE UP

A mixture of 3 types of programmes; one water based, one studio based and one gym based, working on toning the whole body whilst still burning calories.

## SENIOR ZUMBA

Easy to follow Zumba choreography at a lower intensity focusing on all elements of fitness whilst having fun.

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