

CLASS TIMETABLE



FEELGOOD
HEALTH CLUBS

MON

HIIT

8.45-9.30am

Matt

Fab Abs

9.30-10.00am

Matt

Aqua

10.45-11.30am

Louise

Pilates

11.30-12.15pm

Alison

Dance Fit

7.15-8pm

Naomi

Tai Chi

8.00-9.00pm

Colin

TUES

Full Worx

9.30-10.15am

Hannah

Body Tone

10.30-11.15am

Mechelle

WED

Zumba

9.30-10.15am

Nancy

Body

Conditioning

10:15-11.00am

Nancy

THURS

LBT

9.30-10.30am

Hannah

Aqua Fit

09:45 - 10.30am

Chris

Pilates

10.45-11.00am

Chris

Zumba Step

6.00-7.00pm

Naomi

FRI

Circuits

9.00-10.00am

Lyn

Yoga

10.00-11.00am

Chirelle

HIIT

This class is not for the faint hearted – high intensity interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

Aqua

This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. with lively motivating music

Dance Fit

Focusing on cardiovascular exercise to music through dance routines this class will be loads of fun!

Full Worx

This full body work out includes cardio, weights and core conditioning. Lots of hard work to music you will feel alive!

Zumba

Zumba is an interval workout. The class move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance. You will have great fun shaking those hips!

Fab Abs

Fab Abs is a class designed to strengthen the core. There is no high intensity cardio in the class, just pure hardcore ab exercises. The class will be broken up into different moves and sections to target the obliques upper, lower abs to give you a full ab workout, as well as strengthen the lower back.

Body Conditioning

Total body fitness, low impact aerobics and strength training combined. exercises designed specifically for toning, the mid to lower body.

Yoga - Friday

In this yinyassa class you will flow from pose to pose with each breath working on both strength and flexibility, whilst clearing the mind. Relax and enjoy!

Pilates

The aim is to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing. A low intensity class.

Tai Chi

Aimed at beginners and improvers (so up to level 2). The class involves gentle warm up activity at the beginning, followed by Qi Gung and then forms ending with standing meditation. With a focus on looking at relaxation, inter connectivity of all parts of the body, and control and co-ordination

Body Tone

Low impact class to work on your core and strength. Another full body work out.

Legs Bums and Tums

Exactly what it says on the tin! Focus on the lower body we work on improving flexibility and toning. 45 minutes will fly by

Zumba Step

Take the sexy dance moves and add a step and you have a challenging fun workout.