

EXERCISE TIMETABLE

DAY	TIME	CLASS	INSTRUCTOR	DESCRIPTION
MON	6:15pm – 6:30pm	Flexibility	Amie	Improve your flexibility with a program of stretches.
	6:30pm – 7:15pm	Circuits	Amie	A variety of exercises to challenge all major muscles.
	6:30pm – 7:30pm	Combat (B)	Katie	An aerobics class that mixes various styles of martial arts to get you fighting fit.
	7:30pm – 8:30pm	Pump (B)	Katie	A structured barbell class for a great total body workout.
	7:30pm – 8:30pm	Pilates (B)	Kay	Great for abs, core and lower back.
TUE	6:00pm – 6:30pm	Meta Fit	Emily	High intensity body weight workout.
	6:30pm – 7:30pm	Zumba	Emily/Anita	Zumba uses fun, hot Latin steps for a great fitness class.
	7:30pm – 8:15pm	Pump (B)	Olga	A structured barbell class for a great total body workout.
	7:30pm – 8:30pm	Freestyle Fitness Yoga (B)	Helen	Flowing Yoga moves to improve strength and flexibility.
WED	6:15pm – 7:00pm	Circuits	Amie	A variety of exercises to challenge all major muscles.
	6:30pm – 7:30pm	Pilates Intermediate (B)	Kay	Great for abs, core and lower back.
	7:15pm – 8:15pm	Lower Body Blast	Judy	Leg conditioning drills, toning the lower body, mixed with floor work to strengthen your core muscles.
	7:30pm – 8:30pm	Pilates Beginners (B)	Kay	Great for abs, core and lower back.
THU	6:15pm – 7:15pm	Body Sculpt (B)	Helen	A total body workout using cardio & resistance exercises to reduce body fat and increase muscle definition
	6:30pm – 7:30pm	Zumba	Tunde	Zumba uses fun, hot Latin steps for a great fitness class.
	7:30pm – 8:15pm	Bootcamp	Amie	A group workout for all fitness levels. Workouts will change each week to keep you progressing.
	7:30pm – 8:30pm	Freestyle Fitness Yoga (B)	Helen	Flowing Yoga moves to improve strength and flexibility.
FRI	6:00pm – 7:00pm	Body Blitz (B)	Lauren	A blend of HIIT training and weights to get a full body workout.
	7:30pm – 8:30pm	Vinyasa Yoga (B)	Gozel	Vinyasa's strength is in its diversity. Classes are dynamic and fun.
SAT	9:00am – 10:00am	Body Conditioning	Judy	A great start to your weekend with a conditioning class.
	9:00am – 10:00am	Pilates (B)	Justine	Great for abs, core and lower back.

Class Prices (Non Members Only):

60 Minutes: £6.00

45 Minutes: £5.50

30 Minutes: £4.50

15 Minutes: £3.00

Booking Classes:

Classes marked (B) require advance booking. Classes can be booked at reception, over the phone (01276 670316) or emailed to sportscentre@tomlinscoteschool.com.