# Fitness Classes

**Timetable runs from 2nd April - 30th June 2024.**

Please book your classes up to 7 days in advance using your personal online booking link which you will have received by email. If you need a reminder of your link or would like to book by telephone please contact Health Club reception on 01635 551188.

## // CLASS DESCRIPTIONS //

**Abs Blast:** A class aimed at giving you an intense workout to strengthen the core, abdominal and lower back muscles.

**Aerobics:** A dynamic, aerobically choreographed class designed to burn calories and improve your fitness levels.

**Aqua Aerobics:** This class is a non-impact, high intensity workout that combines cardiovascular and conditioning exercises. All levels of fitness are welcome.

**Beginners Pilates:** This class is designed for beginners and those who are new to Pilates, helping increase strength and flexibility for a better posture.

**Beginners Yoga:** Designed for those who wish to start off on the basics, to enjoy and ease their way through a Yoga session.

**Body Pump:** A class that will sculpt, tone and strengthen your entire body. Focusing on low weight and high repetition movements, you'll burn fat, gain strength and quickly produce lean muscle.

**Body Toning:** This class incorporates cardio, endurance and resistance training to give you a full body workout.

**Boxing and Pad Work:** A fun class which replicates boxing movements to provide you with a great cardio and calorie burning workout.

**Circuits:** This is a multi stationed group exercise class designed to work on all the basic elements of fitness - strength, stamina and flexibility.

**Fitness Pilates:** Pilates with added intensity! Good for strengthening the core and combines functional fitness variations of the traditional Pilates movements.

**Full Body HIIT:** Our HIIT class is a full body, heart pumping, aerobic, strength and conditioning workout, to make you sweat and burn those calories quickly.

**Pilates:** A class that helps to increase strength and flexibility. It promotes the body to have better posture and move in a more efficient way.

**Rhythmic Pilates:** This class expands on the traditional Pilates method by incorporating balance and Yoga style movements to create routines choreographed to music.

**Steady Steps Circuits:** A circuit of low impact exercises designed to provide a cardio workout, targeting legs, core and upper body.

**Studio Cycling:** Our instructor simulates a bicycle ride travelling on flat roads, climbing hills, sprinting and racing. This class is a fantastic, high-intensity, calorie burning workout.

**Yoga:** A class for all abilities. For some it is purely a physical pursuit, keeping the body toned, strong and flexible. For others, Yoga becomes more of a mind set and a way of living.

**Zumba:** Zumba classes feature exotic rhythms like salsa, merengue, cumbia and samba set to sexy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring!

# Fitness Classes

**2nd April - 30th June 2024**

**Our current timetable is also available to download from our website www.donningtonvalley.co.uk**

Please book your classes up to 7 days in advance online or with Health Club Reception

All classes are £5 per class or 10 classes for £40 with a class passport.
All classes are included in a gold membership.

## MON

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|---|---|---|---|---|---|---|---|---|
| *Body Toning*<br>07.00 - 07.45<br>RADKA | *Aqua Aerobics*<br>09.00 - 09.45<br>SARAH | *Aerobics*<br>09.30 - 10.30<br>DAWN | *Yoga*<br>10.45 - 12.00<br>HELEN | *Studio Cycling*<br>13.00 - 13.45<br>JADE | *Aqua Aerobics*<br>17.00 - 17.45<br>SARAH | *Studio Cycling*<br>17.15 - 17.45<br>JADE | *Body Pump*<br>18.00 - 18.45<br>SARAH | *Fitness Pilates*<br>19.00 - 19.45<br>KATHRYN |

## TUES

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|---|---|---|---|---|---|---|
| *Body Pump*<br>09.30 - 10.15<br>CAZ | *Aqua Aerobics*<br>09.30 - 10.15<br>DAWN | *Pilates*<br>10.30 - 11.30<br>TRISH ★ | *Body Pump*<br>11.45 - 12.30<br>BECKY | *Boxing & Pad Work*<br>13.15 - 14.00<br>CATALIN | *Zumba*<br>18.00 - 18.45<br>OANA | *Yoga*<br>19.15 – 20.30<br>RENU |

## WEDS

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|---|---|---|---|---|---|---|
| *Circuits*<br>07.00 - 07.45<br>FITNESS TEAM | *Full Body HIIT*<br>09.00 - 09.45<br>HANNAH | *Beginners Pilates*<br>10.00 - 11.00<br>SARAH | *Steady Steps Circuits*<br>12.15 - 13.00<br>JADE | *Abs Blast*<br>17.30 - 18.00<br>RADKA | *Aqua Aerobics*<br>17.30 - 18.15<br>SARAH | *Rhythmic Pilates*<br>18.05 - 19.05<br>RADKA |

## THURS

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|---|---|---|---|---|---|---|---|
| *Studio Cycling*<br>08.30 - 09.15<br>JADE | *Aqua Aerobics*<br>09.00 - 09.45<br>SARAH | *Body Pump*<br>09.30 - 10.15<br>BECKY | *Yoga*<br>10:45 – 12.00<br>HELEN | *Pilates*<br>12.15 - 13.15<br>MAGEE | *Studio Cycling*<br>17.00 - 17.45<br>CATALIN | *Body Toning*<br>18.00 - 18.45<br>RADKA | *Pilates*<br>19.00 - 19.45<br>SARAH |

## FRI

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|---|---|---|
| *Aerobics*<br>09.30 - 10.30<br>DAWN | *Beginners Yoga*<br>10.45 - 11.45<br>RENU | *Pilates*<br>12.00 - 13.00<br>MAGEE ★ |

## SAT

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|---|---|
| *Studio Cycling*<br>09.30 - 10.15<br>JADE/RADKA | *Abs Blast*<br>10.30 - 11.00<br>FITNESS TEAM |

## SUN

*Boxing & Pad Work*
12.15 - 13.00
CATALIN