



# **SHAPE UP IN SPRING CARDIO STUDIO CLASSES**

## March

### Monday

- 9.30 -10.15am – **Circuit and Spin** – A light and gentle workout to set you up for the week incorporating the Spin bikes and body toning exercises.
- 10.30 – 11.15am – **50+Shape and Tone** – Lots of Stretching, Flexing and light exercises, suitable for all levels of ability.
- 6.00 – 7.00pm – **Circuit Training** – A great all round exercise class working on muscular strength, endurance and flexibility.
- 7.00 – 8.00pm – **Shallow Water Aquafit** – A water based aerobic session for a low impact all over body workout.

### Tuesday

- 9.15 – 10.15am – **Pilates** – A series of exercises aiming to strengthen and stretch the body, while improving circulation and lung capacity.
- 10.45 – 11.45am – **Deep Water Aquafit** – Exercise in deep water with floatation belts to keep you buoyant.
- 7.15 – 8.15pm – **Total Body Conditioning** – A class to tone and strengthen the whole body.
- 8.15 -9.15pm – **Step & Abs** – A combination of step aerobics with some toning to complete an all over workout.

### Wednesday

- 9.30 – 10.15am – **Legs, Bums and Tums** – A class to shape, trim and tone these vulnerable areas of the body.
- 10.30 – 11.30am; 11:30 – 12:30pm – **Pilates** – A series of exercises aiming to strengthen and stretch the body, while improving circulation and lung capacity.
- 6.00 – 6.45pm, 7.00 – 7.45pm – **Spinning** – A great workout using static bikes with some popular music to cycle along to.

### Thursday

- 9.30 – 10.30am – **Step & Abs** – A combination of step aerobics with some toning exercises to complete an all over workout.
- 6.00 – 7.00pm – **Shallow/Deep Water Aquafit** – A water based aerobic session for a low impact all over body workout.
- 6.00 – 7.00pm – **Spinning Extra** – An extended spin session using static bikes.
- 7.15 - 8.15pm – **Total Body Conditioning** – A class to tone and strengthen the whole body.

### Friday

- 9.15 – 10.00am and 10.15 – 11.00am – **Spinning** – A great workout using static bikes with some popular music to cycle along to.
- 10.30 – 11.30 – **Shallow Water Aquafit** – A water based aerobic session for a low impact all over body workout.
- 5.30 – 6.00pm – **Aqua Jogging** followed by lane swimming (optional) – Ideal workout for runners and joggers away from the busy roads.

### Saturday

- 9.15 – 10.00 – **Spinning** – A great way to set you up for the weekend with this energetic workout on bikes

**BOOK NOW TO SECURE A PLACE**

01278 785909

PAYMENT NEEDED AT TIME OF BOOKING DUE TO LIMITED SPACE