

EXERCISE TIMETABLE

DAY	TIME	CLASS	INSTRUCTOR	DESCRIPTION
MON	6:15pm – 6:30pm	Flexibility	Steven	Improve your flexibility with a program of stretches.
	6:30pm – 7:15pm	Circuits	Steven	A variety of exercises to challenge all major muscles.
	7:30pm – 8:30pm	Pump (B)	Katie	A structured barbell class for a great total body workout.
	6:45pm – 7:45pm	RIP Fitness (B)	Rhys	Uses the suspension trainers for a full body workout.
TUE	6:00pm – 6:30pm	Back To Fitness	Steven	Great for those who need an introduction to fitness.
	6:30pm – 7:00pm	Kettlebells (B)	Steven	Use Kettlebells for a cardio, resistance and core workout.
	6:00pm – 6:30pm	Meta Fit	Emily	High intensity body weight workout.
	6:30pm – 7:30pm	Zumba	Emily	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	Helen	Flowing Yoga moves to improve strength and flexibility.
WED	6:15pm – 7:00pm	Circuits	Justine	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	Legs, Bums & Tums	Judy	A great class to focus on those key problem areas.
	7:30pm – 8:30pm	Pilates Beginners (B)	Kay	Great for abs, core and lower back.
THU	6:15pm – 7:15pm	HIIT (B)	Helen	High Intensity Interval Training using steps and weights.
	6:30pm – 7:30pm	Zumba	Tunde	Zumba uses fun, hot Latin steps for a great fitness class.
	7:30pm – 8:15pm	Tabata	Steven	Interval training with body weight and weighted exercises.
	7:30pm – 8:30pm	Freestyle Fitness Yoga	Helen	Flowing Yoga moves to improve strength and flexibility.
FRI	6:00pm – 7:00pm	RIP Fitness (B)	Scott	Uses the suspension trainers for a full body workout.
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.