



Shaftesbury Recreation Centre

GROUP FITNESS TIMETABLE

97 BALFOUR AVENUE
BELFAST, BT7 2EW
PH: 90312377
WWW.LORAG.ORG

| MON 7AM – 10PM | TUES 9AM – 10PM | WED 7AM – 10PM | THU 9AM – 10PM | FRI 7AM – 10PM | SAT 9AM – 5PM | SUN 10AM – 5PM |
|-------------------|--------------------|-------------------|-------------------|-------------------|------------------|-------------------|
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MAIN STUDIO

| | | | | | | |
|---------|-----------------------------|-----------------------------|---|----------------------------------|-------------------------------------|--|
| 7:AM | Bootcamp (45 mins) | | Tabata Circuits (45 mins) | | Spin and Core (45 mins) | |
| 10:00AM | | Yoga (Beginner) | Step Aerobics 30 (Express) | | HIIT 45 (45 Mins) | |
| 12:30PM | Spin and Core (45 mins) | Bootcamp 30 (Express) | ABs-Tastic 30 Express | | 20/20 Spin/Kettlebells | |
| 5:30PM | Spin 30 (Express) | HIIT 30 (Express) | Kettlebells 30 (Express) | ABs-Tastic 30 Express | Spin 30 (Express) | |
| 6:PM | Bootcamp 6:10-7pm | Body Sculpt 6-7pm | Spin 30 6-6.30pm | Body Conditioning 6.10-7pm | 20/20/20 Spin/HIIT/Core 6-7pm | |
| | | | Step Aerobics 30 (Express) 6.40-7.10pm | | | |
| 7:PM | Spin 45 7pm | Pilates 7.15-8pm | Tabata Circuits 7.10-8pm | Yoga 7-8pm | | |
| 8:PM | S&C Group (Must Book In) | S&C Group (Must Book In) | S&C Group (Must Book In) | S&C Group (Must Book In) | | |
| 9:PM | | | | | | |

PRICES

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|---|----------------------------|-------------------------------|-------------------------|--|----------------------------|
| NO SIGN ON FEES | PEAK TIMES | OFF PEAK | CLASSES ONLY | PAY AS YOU GO | CONCESSION RATE |
| NO CONTRACTS | £25pm | £17.50pm | £20pm | GYM £3.50 | £12.50pm |
| PAY 30 DAYS AT A TIME OR PAYS AS YOU GO | Gym and Classes Anytime | Gym and Classes Before 4pm | Any Classes Any Time | STANDARD CLASS £4 | Or £1 per visit |
| | | | | EXPRESS CLASS (30 Minute class) £2 | Gym and Classes Anytime |

CLASS INFORMATION



| CLASS NAME: | Description: | Intensity | Lifting Weights |
|--------------------------|---|------------------|--|
| BOOTCAMP | Bootcamp Training is a group based circuits type class, it incorporates dynamic movements, High intensity cardio and lifting weight. Will get you fitter and stronger. | High | Yes |
| TABATA CIRCUITS | Tabata is HIIT training. 4 min rounds Rounds of 8 20 second bursts with 10 second breaks in between efforts. Expect to complete 6 to 8 rounds per class. | High | Yes |
| BODY SCULPT | Body Sculpt is a Barbell Group based class similar to a Body Pump Style Class. Focus on toning and strengthening with some body weight cardio exercises. | High | Yes |
| BODY CONDITIONING | Body Conditioning is a high intensity cardio based class. Expect to sweat, torch calories and get fit quickly. Less emphasis on weights and more emphasis on movement and tempo. | High | Mostly bodyweight and light resistance |
| S&C GROUP | The Strength and Conditioning Groups are a gym based weight program in small groups on 4 week cycles. Focus on technique Must book in to attend. | Moderate | Yes |
| HIIT 45 | High Intensity Interval Training that lasts for 45 minutes. Mixture of High Intensity Cardio and Weights based workouts. | High | Yes |
| KETTLEBELLS | Kettlebells are basically a Weight with a big handle. Our Instructors will show you how to lift with good technique and posture. Great workouts for Toning, Strengthening and torching calories. | High/Moderate | Yes |
| 20/20/20 | 20 minutes spin, 20 minutes HIIT and 20 minutes of Core Training. Great for fitness, toning and hitting those ABs | Moderate | Yes |
| 20/20 | 20 Minutes spin followed by 20 minutes of a kettlebell workout. Great balance of a cardio and strengthening and toning workout. | Moderate | Yes |
| SPIN 45 | 45 Minutes of Indoor Cycling. Great workout for burning calories, building endurance and fitness. Lower impact on the joints. | Moderate | NO |
| SPIN AND CORE | 30 Minutes of Spin followed by 15 minutes of Core work. Push your fitness while torching those abs all in one go. | Moderate | NO |
| SPIN 30 | 30 Minutes of Indoor cycling. Low impact, Burn up to 400 calories in 30 minutes. Great for when your in a hurry. | Moderate | NO |
| ABS-TASTIC | Core/Abs workout which incorporates, Pilates, yoga, Increase mobility and flexibility while toning and strengthening your core Improve posture and spinal and hip mobility. Low Intensity and impact. | Low/ Moderate | NO |
| PILATES | Pilates can improve flexibility, builds strength and develops control and endurance in the whole body. Emphasis on alignment, breathing, a strong core and improving coordination and balance. Low impact exercise. | Low/ Moderate | NO |
| YOGA | Yoga is a form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. | Low/ Moderate | NO |
| STEP AEROBICS | 30 minutes aerobic and cardio class, moderate intensity and low impact using the rebook steppers. Keep in time with the music and enjoy the music. | Low/ Moderate | NO |

WARNING

Completing High Intensity Cardio While Lifting Weights may cause you to lose fat quickly, tone up, strengthen and get you fitter.