



# Shaftesbury Healthy Living Centre

## Class Timetable 2018

### Get Fit Stay Fit!

	MON 7AM – 10PM	TUES 9AM – 10PM	WED 7AM – 10PM	THU 9AM – 10PM	FRI 7AM – 10PM	SAT 9AM – 5PM	SUN 10AM – 5PM
7:AM	<b>Spin and Pump</b> (45 mins)		<b>Circuits</b> (45 mins)		<b>TRX and Kettlebells</b> (45 mins)		
9:15AM	<b>School Run Fit</b> (Express)		<b>School Run Fit</b> (Express)		<b>School Run Fit</b> (Express)	<b>Spin 30</b> (Express)	
10:00AM	<b>Haus FIT</b> (45 mins)	<b>Yoga</b> (Beginner)	<b>Step Aerobics 30</b> (Express)		<b>Pilates</b> (45 mins)	<b>20/20/20</b> (60 mins)	
12:30PM	<b>50/50 Spin/S&amp;C</b> (Express)	<b>Bootcamp 45</b> (45 mins)	<b>Barbell Blast</b> (Express)	<b>Run 30</b> (Express)	<b>TRX &amp; Battlerope Fitness</b> (Express)		
5:30PM	<b>Kettlebells</b> (Express)	<b>Spin 30</b> (Express)	<b>Lower Body Blast</b> (Express)	<b>Upper Body Blast</b> (Express)			
6:10PM	<b>The BIG Bootcamp</b> 6:10-7pm	<b>PUMP IT</b> 6.10 -7pm	<b>BIG SPIN &amp; Core</b> 6.10 – 7pm	<b>The BIG Bootcamp</b> 6.10-7pm			
7PM	<b>TRX Fitness</b> (Express)	<b>Pilates</b> 7-7.45pm	<b>FIT STEPS Dance class</b> 7-8pm	<b>Yoga</b> 7-8pm			
8PM			<b>Pilates</b> (Express)				



**ICE BATHS**  
Members: 5 for £20 or £6 Single  
Non Members : 5 for £25 or £9 Single

**SPORTS RECOVERY PACKAGE:**  
Members: Massage and Ice Bath £20  
Non Members: Massage and Ice Bath £22  
Massage Only: Members £15 – Non Members £20



### PRICES

	PEAK TIMES	OFF PEAK	CLASSES ONLY	PAY AS YOU GO	CONCESSION RATE
<b>NO SIGN ON FEES</b>	<b>£25pm</b>	<b>£17.50pm</b>	<b>£20pm</b>		
<b>NO CONTRACTS</b>	<b>Gym and Classes</b>	<b>Gym and Classes</b>	<b>Any Classes</b>	<b>GYM £3.50</b>	<b>£12.50pm</b>
<b>PAY 30 DAYS AT A TIME</b>	<b>Anytime</b>	<b>Before 4pm</b>	<b>Any Time</b>	<b>STANDARD CLASS £4</b>	<b>Or £1 per visit</b>
<b>OR</b>	<b>Free Use of Bicycles</b>	<b>Free Use of Bicycles</b>	<b>Free Use of Bicycles</b>	<b>EXPRESS CLASS (30 Minute class) £3</b>	<b>Gym and Classes Anytime</b>
<b>PAYS AS YOU GO</b>	<b>Special Rates on Ice Baths</b>	<b>Special Rates on Ice Baths</b>	<b>Special Rates on Ice Baths</b>		<b>Free Use of Bicycles</b>

## CLASS INFORMATION



CLASS NAME:	Description:	Intensity	Lifting Weights
<b>BOOTCAMP</b>	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
<b>LOWER/UPPER BODY BLAST</b>	A 30minute class dedicated to working every muscle group in either the Lower body or Upper body. Using any piece of equipment the instructor has at their disposal.	High	Yes
<b>PUMP IT</b>	Get lean, build strength and tone muscle with PUMP IT. A group based barbell class to work all your major muscle groups	High	Yes
<b>BARBELL BLAST</b>	Build strength, endurance and learn correct technique using barbells. Work every major muscle group in 30minutes.	High	Yes
<b>KETTLEBELLS</b>	Our Instructors will show you how to lift with good technique and posture. Great workouts for Toning, Strengthening and torching calories.	High/ Moderate	Yes
<b>TRX AND KETTLEBELLS</b>	Bodyweight suspension strength training and weighted kettlebell training. Great for strengthening and conditioning the body.	High/ Moderate	Yes
<b>20/20/20</b>	As the name suggests this hour long class is split three 20 minute blocks each focusing on a different discipline. The first block is 20 minutes of cardio, followed by 20 minutes of strength training and finally 20 minutes of toning. It's a great all-round class to give you a full body workout, getting your heart pumping, challenging your core muscles and improving your flexibility and recovery of your muscles.	Moderate	Yes
<b>SPIN AND PUMP</b>	½ Spin and ½ Pump. Mixing up resistance with barbells and cardio through Spin.	Moderate	Yes
<b>SPIN 30</b>	30 Minutes of Indoor cycling. Low impact, Burn up to 400 calories in 30 minutes. Great for when your in a hurry.	Moderate	NO
<b>PILATES</b>	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
<b>YOGA</b>	Yoga is a form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.	Low/ Moderate	NO
<b>STEP AEROBICS</b>	30 minutes aerobic and cardio class, moderate intensity and low impact using the rebook steppers. Keep in time with the music and enjoy the craic.	Low/ Moderate	NO
<b>FIT STEPS</b>	A fun friendly class based on the routines from Strictly come dancing	Low / Moderate	NO
<b>HAUS FIT</b>	A Fun dance class to funky house music combining contemporary house moves with aerobic dance, balance and functional movement skills	Moderate	NO
<b>TRX FITNESS</b>	Bodyweight suspension strength training. Great for strengthening and conditioning the body.	Moderate	NO
<b>WARNING</b>	Completing High Intensity Cardio While Lifting Weights may cause you to lose fat quickly, tone up, strengthen and get you fitter.		