

# SHAW HILL GYM TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.15-10.00 PUMP	09.15-10.00 ABS BLAST	08.45-9.30 LEGS BUMS & TUMS	9.30-10.15 PUMP	9.15-10.00 PUMP	8.00- 10.30 SWIMACADEMY PRIVATE SWIM LESSONS	8.00- 10.30 SWIMACADEMY PRIVATE SWIM LESSONS
10.00-10.45 POWER STEP	10.00-10.45 ZUMBA	9.30-10.15 PILATES	10.30-11.15 BODY BLITZ	10.00-10.45 COMBAT	09.00-10.00 AERO BIKING	10.00-11.00 KETTLE BELLS
11.00-12.00 YOGA	11.15-12.15 YOGA/PILATES	10.15-11.00 ZUMBA	11.25-12.25 PILATES	11.00-11.45 AQUA TONE	10.00-11.00 RUN FIT ALL LEVELS WELCOME WK 1 & 3	14.00-16.00 FAMILY SWIM TIME
17.30-18.00 AEROBIKING	16.00-18.30 SWIM ACADEMY PRIVATE SWIM LESSONS	11.15-12.00 AQUA ZUMBA	12.00- 2.30 PUDDLE DUCKS	12.30-3.30 WATER BABIES	10.00-11.00 PHYSICAL YOGA	16.00-17.00 BOOT CAMP
18.00-19.00 ULTIMATE WORKOUT (META/INSANITY/BOX FIT IN 1)	17.30-18.00 AEROBIKING	17.30-18.00 AEROBIKING	18.00-18.45 TRX	17.30-18.30 GYM WORK OUT	11.00-12.00 PUMP WK 2 & 4	
19.00-20.00 YOGA	18.00-18.45 PUMP	18.00-18.45 BOX ANDBURN	18.45-19.00 ABS BLAST		14.00-15.00 TRX WK1 & WK 3 CIRCUIT WK 2 & WK 4	
	19.00-19.30 Beginners RUN CLUB 19.30-20.15 Intermediate RUN CLUB	18.45-19.00 ABS BLAST 19.00-20.00 PHYSICAL YOGA	19.00-19.30 Beginners RUN CLUB 19.30-20.15 Intermediate RUN CLUB			

## INSANITY:

Dig Deep in an insanity class, be prepared to work hard losing weight and improving muscle tone.

## RUN CLUB:

All levels welcome speed/hill intervals taking you to your individual limits. Guaranteed to make you a better runner

## BODY BLITZ:

A high energy class suitable for all abilities. You can take your own pace and build fitness as you go along.

## YOGA:

Yoga is an exercise programme that strengthens and tones your body. Suitable for men and women.

## ZUMBA/DANCE FIT:

Zumba is a feel-happy workout that combines a motivating fusion of Latin and international music with unique moves and dynamic

## BOXFIT:

Boxfit class exercises include crunches, shuttle runs and sit ups combined with punching moves to give you a great cardio boxing workout.

## TRX:

Boby Weight / Suspension Training Functional movement patterns.

## FIT BALL:

A high intensity strength and stability class which aims to develop balance while also firming the tummy and thighs.

## AEROBIKING / SPINNING:

Aerobiking involves the Instructor leading you through the hills and valleys in this non-impact indoor cycling class. Set to motivating, pumping music, spinning helps burn fat, improve stamina and tone the lower body.

## LBT:

Legs, Bums & Tums.

## AQUA TONE:

A low impact exercise class that uses the resistance of the water to improve the overall fitness and muscle tone.

## BODY SCULPTING:

Body Sculpting: (or core conditioning) is a non-aerobic, muscle-toning class, usually focused on core strength.

## AEROBICS/STEP:

The classic cardio workout, which incorporates high/low routines, mixed with challenging and exciting choreography.

## META FIT/ HIIT:

High intense workout, workout to large muscle groups to shock your metabolism, to get quick results.

**FOR FURTHER INFORMATION PLEASE CONTACT A MEMBER OF THE FITNESS TEAM**