

SHAW HILL GYM TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------------|---|--------------------------------|---------------------------|--------------------------------|--|--|
| 09.15-10.00 PUMP | 09.15-10.00 LBT | 09.00-09.45 STRENGTH & TONE | 9.30-10.15 CIRCUIT | 9.15-10.00 PUMP | 9.15-10.00 TRX | 10.00- 10.45 KETTLE BELLS |
| 10.15-11.00 ZUMBA | 10.15-11.00 ZUMBA TONE | 10.00-10.45 DANCE FIT | 10.30-11.15 DANCE FIT | 10.15-11.00 CARDIO STEP | 10.00-14.00 Pool Area may be busy with SPA DAYS & HOTEL GUESTS | 10.00-14.00 Pool Area may be busy with SPA DAYS & HOTEL GUESTS |
| 11.15-12.15 YOGA | 11.15-12.00 YOGA /PILATES Class 1 | 12.15-13.00 AQUA ZUMBA* | 11.30-12.30 PILATES | 11.15-12.15 PILATES | 10.15-11.00 INDOOR BEGINNERS RUN CLUB | 11.00-11.45 ZUMBA TONE |
| 17.30-18.00 AEROBIKING | 12.15-13.00 YOGA /PILATES Class 2 | 17.30-18.00 LBT | 17.30-18.00 AEROBIKING | 12.30-13.15 AQUA ZUMA* | 11.00-12.00 YOGA | 14.00-16.00 Pool Area- We invite you to FAMILY SWIM TIME |
| 18.15-18.45 INSANITY | 17.30-18.15 AERO BIKING | 18.15-18.45 KETTLE BELLS | 18.30-19.15 PUMP | 18.00-19.00 GYM WORK OUT | 14.00-16.00 Pool Area- We invite you to FAMILY SWIM TIME | |
| 19.00-20.00 YOGA | 18.30-19.00 TRX | 19.00-20.00 YOGA | 19.00-20.30 RUN CLUB | | | |

Children must always be accompanied by an adult and are requested to vacate the building by 7.30pm Monday to Thursday Friday by 6.30pm and Saturday and Sunday 5pm. The last hour of the day is reserved for quiet time reflection.

Aqua Zumba* and Swimming- Please shower prior to entry to the Pool, Jacuzzi and when using the Steam Room and Sauna Room.

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 pattens.

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