

# 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 CIRCUIT	9.30-10.15 BODY PUMP	9.15-10.00 TRX /BODY BALANCE	9.15-10.00 TRX/ STRENGTH	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 CARDIO STEP	10.15-11.00 DANCE FIT	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 & 12.15-13.00 YOGA /PILATES Class 1 & 2	17.30-18.00 LBT	11.30-12.30 PILATES	11.15-12.15 PILATES	10.00-10.30 INDOOR BEGINNERS RUN CLUB	11.00-11.45 ZUMBA TONE
17.30-18.00 AEROBIKING	13.15-14.00 AQUA ZUMBA*	18.15-18.45 KETTLE BELLS	12.45-13.30 AQUA ZUMBA*	17.30-18.30 GYM WORK OUT	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	19.00-20.00 YOGA	17.30-18.00 AEROBIKING		14.00-16.00 Pool Area- We invite you to FAMILY SWIM TIME	
19.00-20.00 YOGA	18.30-19.00 TRX/ STRENGTH		18.15-19.00 BODY PUMP			
	19.00-19.15 ABS BLAST		18.30-19.30 RUN CLUB GROUP 1 & 2			
	18.30--19.00 RUN FIT GROUP 2					
	19-30- 20.15 RUN FIT GROUP 1					

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**