

## CLASS DESCRIPTION



The Park  
Health Club

An improved sense of wellbeing

All classes are inclusive to our members. Our booking policy allows members to book in for any class 2 weeks in advance. Non members can attend at £7 per class. Non members can book 1 week in advance.

- **Aero Tone** – This class will include a blend of aerobics, conditioning exercises and core stability work. Great variety and great fun!
- **Body Blitz** – This class is exactly how it sounds - a blitz of the whole body. Great fun, highly motivating and by utilising different equipment and exercises each week you are ensured maximum results and lots of variety.
- **Body Conditioning** – This is a class full of low impact exercises that is coupled with the use of various exercise equipment to strengthen and tone the body.
- **Bounce** – Very energetic low impact class that incorporates the trampets. Highly motivational and great fun too.
- **Circuit Training** – A time efficient class designed to burn maximum amount of calories in minimum amount of time. A total body workout combining vibe cycling and resistance work. This will incorporate the whole studio and lots of equipment to maximise your whole body workout.
- **Dance** – A fun dance class in which a group of people dance in one or more lines whilst executing the same movements.
- **Hatha Yoga** – A form of yoga that teaches techniques related to the physical control of the body. With an emphasis on posture and movement that includes stretching and holding. Also incorporates breathing exercises.
- **Legs, Bums & Tums** – A fun and challenging workout aimed at toning and strengthening the lower half of your body. To include, aerobics, conditioning and stretching.
- **Pilates (INT/ADV)** – A body conditioning technique designed to stretch, strengthen and balance the body. Pilates targets deep postural muscles within the body. Will improve posture, alignment, strength and flexibility.
- **Running Club** – This allows our members to meet at the club before heading off on a run around one of the many routes in Hook. For all abilities on the condition you can run and talk!
- **Total Fitness** – A fantastic class for all fitness levels to work the whole body. You name it, you'll work it. Great fun and even better calorie burner!
- **Vibe Cycle** – The class that everyone in the fitness industry is talking about. A very highly motivational indoor cycling class that will guarantee calories burned. Don't just ride, feel the vibe.

## January to June 2012 STUDIO TIMETABLE



Call now to book - 01256 769099

# STUDIO TIMETABLE



MONDAY		
9.30 - 10.30	Body Conditioning	Lucy
12.30 - 1.15	Vibe Cycle	Philippa
6.00 - 7.00	Vibe Cycle	Garry
7.00 - 8.00	Body Blitz	Dan
8.00 - 9.00	Legs/Bums/Tums	Lucy

TUESDAY		
9.15 - 10.15	Bounce	Kelly
10.15 - 11.15	Pilates	Kelly
12.30 - 1.20	Circuit Training	Matt
6.00 - 7.00	Circuit Training	Philippa
7.00 - 8.00	Vibe Cycle	Philippa
8.00 - 9.00	Pilates	Kelly

WEDNESDAY		
9.00 - 10.00	Aero Tone	Lucy
10.30 - 11.30	Dance	Michelle
12.30 - 1.15	Vibe Cycle	Matt
6.00 - 6.30	Hard Core	Gym Team
6.30 - 7.30	Pilates	Lucy
7.30 - 8.30	Total Fitness	Dan

THURSDAY		
9.30 - 10.30	Pilates ADV	Kelly
10.30 - 11.30	Pilates INT	Kelly
6.00 - 7.00	Vibe Cycle	Matt
7.00 - 8.00	Yoga	Jacqui
8.00 - 9.00	Vibe Cycle	Philippa

FRIDAY		
9.00 - 10.00	Vibe Cycle	Garry

SATURDAY		
9.00 - 9.50	Legs/Bums/Tums	Lucy
10.00 - 11.00	Vibe Cycle	Garry

SUNDAY		
10.30 - 11.30	Yoga	Jacqui