

## CLASS DESCRIPTION

**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 £5 per class. Non members can book 1 week in advance.**

- **Aerotone** – 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.
- **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.
- **Nemesis** – New and exclusive to The Park Health Club. Nemesis will be an inspiring workout that is both great fun and hugely motivating. This will incorporate the whole studio and lots of equipment to maximise your whole body workout.
- **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!
- **Vibe Circuits** – 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.
- **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.
- **Vice Versa** – Is also new to The Park Health Club. Vice Versa is a simple circuit class based upon switching sides of the studio during your workout to ensure the maximum efficiency for both upper and lower body exercises and is therefore a great workout aimed at weight loss and toning.

**The Park**  
Health Club

An improved sense of **wellbeing**

**January - June 2010**

Call now to book - **01256 769099**



**STUDIO TIMETABLE**

## STUDIO TIMETABLE

### MONDAY

9.30 - 10.30	Body Conditioning	Lucy
12.30 - 1.15	Vibe Cycle	Lucy
6.00 - 6.55	Vibe Cycle	Garry
7.00 - 7.55	Body Blitz	Luke
8.00 - 8.45	Bounce	Ray

### TUESDAY

9.15 - 10.15	Bounce	Kelly
10.15 - 11.15	Pilates INT	Kelly
6.00 - 6.55	Nemesis	Garry
7.00 - 7.50	Vibe Cycle	Ray
8.00 - 9.00	Pilates INT	Kelly

### WEDNESDAY

9.00 - 10.00	Aerotone	Lucy
10.30 - 11.20	Dance	Michelle
12.25 - 1.15	Vibe Cycle	Ray
6.00 - 6.55	Vibe Cycle	Matt
7.00 - 7.55	Vice Versa	Luke
8.00 - 8.50	Aerobics	Lucy

### THURSDAY

9.30 - 10.30	Pilates ADV	Kelly
10.35 - 11.35	Pilates INT	Kelly
12.30 - 1.15	Vibe Circuits	Luke
6.00 - 7.00	Hatha Yoga	Jackie
7.00 - 7.50	Bounce	Matt
8.00 - 9.00	Vibe Cycle	Ray

### FRIDAY

9.00 - 9.50	Vibe Cycle	Garry
10.00 - 11.00	Pilates INT	Lucy

### SATURDAY

9.00 - 9.50	Legs/Bums/Tums	Lucy
10.00 - 10.50	Vibe Cycle	Garry

### SUNDAY

11.30 - 12.30	Hatha Yoga	Jackie
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- We also have a running club every Thursday at 7pm and Sunday at 9am