

Christmas Timetable of Classes 2018

All classes are held in the studio or indoor cycling area of the gym

Christmas Eve Mon 24 th Dec	Christmas Day Tues 25 th Dec	Boxing Day Wed 26 th Dec	Thursday 27 th Dec	Friday 28 th Dec
Boxercise 10am Katie	CLOSED	CLOSED	Body Pump 10am (Grace)	Fitness Pilates 10am (Tracy)
Supple strength 11am (Chris)			Indoor Cycling (Steph) 10.30-11.15	Indoor Cycling (Steph) 10.30- 11.15
Happy Christmas			Pilates (ball) (Chris) 11.30am	Circuits (Zoe) 11.15am
Saturday 29 th Dec	Sunday 30 th Dec	New Year's Eve Mon 31 st Dec	New Year's Day Tues 1 st Jan	
Circuits 9am (Steven)			CLOSED	
Body Pump 10.15am	Body Pump 10am (Sharon)	Circuits 9.15am (Natasha)		
Indoor Cycling (Kim) 10.30am	Indoor Cycling 10.30am	Body Pump 10.30am (Lucille)		
Supple Strength 11.30	Revitalise and refresh Yoga 11-12.30pm (Robyn)	Indoor Cycling 10.30-11.30am (Kim)		

CHRISTMAS Health & Wellbeing Classes



Class Prices

1hr class £7
 (all Les Mills and Indoor
 Cycling classes)
 45m class £6
 30m class £5

Concessions Rate

1hr class £6
 45m class £5
 30m class £4

Body Pump
 Challenge all the major muscle groups and burn away those mince pies with squats, presses, lifts and curls choreographed to music. The festive season wouldn't be complete without this class!

Fitness Pilates
 Using various light weights and props to perform traditional pilates exercises in a warm cosy studio, Perfect for re-setting at this busy time.

Yoga
 Take a break from the chaos of Christmas, come and unwind as you use stretches and yoga poses to help improve posture, self-awareness and flexibility.

Circuits
 Rock around the Christmas tree in our full body station based workout which incorporates aerobic and muscular strength. Suitable for all levels of fitness.

Supple Strength
 Escape the madness of Christmas with a series of exercises to lengthen and stretch those muscles during the festive season.

Indoor Cycling
 Work as hard as Santa's reindeer this holiday season and hop on one of our stationary bikes. This class will focus on endurance, strength, intervals, high intensity and recovery.

Boxercise
 This class is a great stress reliever. Learn basic punching combinations together with fun cardio/strength exercises.