

EXPRESS CLASSES

We have recently launched a series of fast 30 minute classes called 'Express Classes'. Some of them you already know, and we have some new ones too (highlighted in red).

So if you're short of time or new to classes, Express Classes could be just what you need, book on at reception and give them a go...

	Class	Instructor	Location
Monday			
0645 - 0715	Xpresso Spin	Ben	Studio 2
1000 - 1030	Fusion Fit	Ben	Gym Floor (upstairs)
1800 - 1830	Spin (Beginners)	Kieran/ Lottie	Studio 2
1830 - 1900	TRX	Kieran	Gym Floor (upstairs)
2000 - 2030	Total Abs & Complete Core	Lottie	Gym Floor
2015 - 2045	Kettlecise (££ Induction Required ££)	Adam/ Kieran	Gym Floor
Tuesday			
0645 - 0715	Xpresso Spin	Adam/ Lottie	Studio 2
0715 - 0735	Ab Attack	Adam/Lottie	Gym Floor
1200 - 1230	Spinning (General)	Adam H	Studio 2
1845 - 1915	Kettlecise (££ Induction Required ££)	Adam	Gym Floor
1915 - 1945	TRX	Maxine	Gym Floor (upstairs)
Wednesday			
0645 - 0715	Xpresso Spin	Adam	Studio 2
0715 - 0745	TRX	Adam	Gym Floor (upstairs)
1000 - 1030	Kettlecise (££ Induction Required ££)	Adam	Gym Floor
1900 - 1930	Fusion Fit	Adam	Gym Floor (upstairs)
1930 - 2000	Spin Intense	Gym Team	Studio 2
2000 - 2030	Kettlecise (££ Induction Required ££)	Kieran	Gym Floor
Thursday			
0645 - 0715	Xpresso Spin	Kieran	Studio 2
0930 - 1000	Kettlecise	Kieran	Gym Floor
1130 - 1200	TRX	Smita	Gym Floor (upstairs)
1200 - 1230	Spinning (General)	Jason	Studio 2
1230 - 1300	Ab Attack	Maxine	Gym Floor
1830 - 1900	TRX	Steve	Gym Floor (upstairs)
1945 - 2030	Zumba Express (starting 13 October)	Smita	Zone Xtreme
Friday			
0645 - 0715	Xpresso Spin	Maxine	Studio 2
1130 - 1200	Swiss Ball	Maxine	Studio 1
1200 - 1230	TRX Abs	Maxine	Gym Floor
1800 - 1830	Kettlecise (££ Induction Required ££)	Ben	Gym Floor
1830 - 1900	TRX	Ben	Gym Floor (upstairs)
1900 - 1930	Spin General (starting 7 October)	Lottie	Studio 2
Saturday			
1115 - 1145	Kettlecise (££ Induction Required ££)	Adam	Gym Floor
1145 - 1215	TRX	Steve	Gym Floor (upstairs)
Sunday			
1100 - 1130	TRX	Smita	Gym Floor (upstairs)

Express Aerobics coming soon in October...

EXPRESS CLASS DESCRIPTIONS

Ab Attack/ Total Abs & Complete Core Workout

A half-hour class working on abdominals and back with strengthening exercises to help give you perfect abs!

Fusion Fit

A functional circuit based class using a combination of TRX, Kettlebells and plyometrics. Expect a high intensity all over body blast including cardiovascular and resistance training working within your anaerobic training zone - not for the faint-hearted!

Express Aerobics... coming soon

A quick 30 minute class to increase your heart rate while building up a routine to motivating music – good for beginners!

Kettlercise

An intense, fast-paced class using kettlebells to increase cardiovascular fitness, burn fat, tone up, shape and improve strength. An induction is required.

Swiss Ball

A core conditioning class based around exercises on the Swiss ball.

TRX

TRX® Suspension Training® is a revolutionary total-body fitness program that uses gravity against your own body weight in functional exercises to simultaneously develop strength, balance, flexibility, core stability and endurance.

Xpresso Spin, Spinning, Spin Intense

A group exercise cycling class to motivate and achieve great health and fitness benefits.