



# Mind & Body Class Timetable

Starts Monday 1<sup>st</sup> February 2010 (amended 1<sup>st</sup> March)  
Running until end July 2010



MON	TUE	WED	THUR	FRI		
<b>Core Stability</b> 9.30-10.15am	<b>Indoor Cycling</b> 6.30 – 7.15am	<b>Mature Megamix</b> 9.30 – 10.15am	<b>Power Walk</b> 9.30-10.15am	<b>Friday</b> 9.30 – 10.15am Motivation Station		
<b>Running Club</b> 6.30 – 7.15pm	<b>Circuit</b> 6.30-7.15pm	<b>Legs, Bums and Tums</b> 6.00 – 6.45pm	<b>Indoor Cycling</b> 6.30-7.15pm	<b>Pay &amp; Play available to non-members</b>  <i>1 class (45-60min) £4.00</i> <i>2 consecutive classes £6.00</i>		
<b>Mix It Up</b> 6.30 – 7.15pm	<b>Yoga/ Qi-gong</b> 7.15 -8.15pm	<b>Boxing Tech</b> 6.45 – 7.45pm	<b>Core Stability</b> 7.30 – 8.00pm			

<b>Power Walk</b>	Enjoy the outdoors and get fit. A great social class aimed at beginners wanting to take the first steps towards fitness or those wanting the challenges outdoors can bring!
<b>Circuit</b>	Workout with a fun and motivating circuit class with a mix of cardio and resistance exercises.
<b>Yoga/Qi-gong</b>	The dance of life. Using traditional Yoga, meditation & relaxation techniques. For those who's goals are maximum performance at work & play..
<b>Mix It Up</b>	A good all over conditioning class incorporating aerobic, strength and toning work. Varying week to week for those who like a change.
<b>Core stability</b>	A class to work the abs, lower back and core muscle groups.
<b>Indoor Cycling</b>	An inspirational and motivating cycle class with varying intensities set to the beat of music.
<b>Boxing Tech</b>	A boxing class designed to Improves strength stamina, coordination and well being using old fashioned boxing techniques in a circuit style training environment
<b>Running Club</b>	This allows our members to meet before heading off on a run around one of the many routes. For all abilities on the condition you can run & talk!
<b>Legs, Bums &amp; Tums</b>	A class designed to tackle those problem areas combining classic training moves, suitable for all levels

**Booking is ESSENTIAL for all classes to avoid disappointment or cancellation**  
**01246 435226**

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