



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15am				Express Spin (Studio) Jason			
8.45am		Bike n Bands (Studio) Sarah			Express spin (Studio) Sarah		
9.00am	Spin circuits (Studio) Sarah			Pilates (Function room) Sheila			Spin (Studio) Kieran
9.20am		Pure Core (Function Room) Sarah					
9.30am			Aerobics (function room) Tracey		Power HiIT (studio) Sarah	Spin (Studio) Jason	
9.45am		Step n Pump (Function room) Sarah					
10.00am	Stretch (Function room) Sarah						Express Pump (Studio) Kieran
5.30pm		Spin (Studio) Jason					
5.45pm	Pilates (Function room) Sheila						
6.00pm		Yoga (Function room) Edith Tankus					
6.25pm		Express Spin (Studio) Jason					
6.30pm				Spin (Studio) Kieran			
6.45pm	Band Fit (Function room) Linda						
7.00pm			Power Tone (Function room) Linda				

Classes can be booked by installing the free GymSync app onto your phone. To view full class details please login to your GymSync account where you can keep up to date with any alterations or messages from your instructor as well as booking or cancelling classes.

Classes are bookable 7 days in advance from 6am. In the event a class is fully booked we advise you to add your name to the waiting list and allow notifications. If a space becomes available all members on the waiting list will be notified.

Spin Circuits

Time = 45 minutes
Equipment = Spin bikes, bar and weights or free weights, mat
Fitness Level = suitable or all levels. Weights and resistance on the bike can be adjusted to suit personal fitness level from complete beginner to more advanced strength and toning.
Class Description = This class combines the cardiovascular intensity of a spin class with strength training exercises on the floor. This workout format offers a comprehensive full-body workout that targets both cardiovascular endurance and muscular strength.

The class is typically divided into alternating segments of spin cycling and floor exercises using free weights or barbells.

Spin circuits provide the benefits of both cardiovascular conditioning and strength training, offering a well-rounded and efficient workout. The combination of spin cycling and floor exercises allows participants to burn calories, improve cardiovascular fitness, build muscle strength, and tone their bodies in a single session.

Location = studio
Instructor = Sarah Green
Average Calories Burn = 300kcal

Yoga

Time =	1 hour
Equipment =	Please bring your own yoga mat a yoga block if you have one. We do have some spares.
Fitness Level =	Suitable for all levels
Class Description =	Yoga offers numerous benefits for physical and mental well-being. Gentle flows help to build strength, toning and stamina throughout the body and increase the range of movement in joints by stretching muscles. This can contribute to an overall healthy and balanced lifestyle.

The class begins with a short centering exercise to bring your attention to the present moment and connect with your breath. This helps create a sense of mindfulness and relaxation.

Following the centering, the class moves into a sequence of simple yoga poses that focus on gentle stretches, mobility, and balance. The poses are carefully selected to target various parts of the body, promoting flexibility and releasing tension.

Throughout the sequence, the instructor guides you through each pose, emphasizing proper alignment and inviting you to move with awareness and intention. Breath awareness is encouraged, synchronizing your breath with the movements to enhance relaxation and promote a sense of calm.

As the class progresses, there may be moments of holding poses for a few breaths to deepen the stretch and build strength. The emphasis is on listening to your body and finding a balance between effort and ease.

Towards the end of the class, a brief period of relaxation is incorporated, allowing you to let go of any remaining tension.

The class concludes with a final grounding exercise or a closing affirmation, leaving you feeling refreshed and centered.

Location =	Function room
Instructor =	Edith Tankus
Average Calorie Burn =	On average, a person weighing around 150 pounds (68 kilograms) can expect to burn approximately 240-360 calories during a one-hour yoga session. However, this is a general estimate and can vary.

Band Fit

Time = 45 minutes
Equipment = Resistance bands provided
Fitness Level = Suitable for all levels, band are available in different strengths and moves are based on your own range of movement
Class Description = A resistance band class is a form of exercise that utilizes elastic resistance bands to provide a full-body workout. This type of class focuses on improving strength, toning muscles, and enhancing flexibility using the resistance provided by the bands.

The exercises typically involve wrapping, looping, or stepping on the bands to create tension and resistance. The bands provide resistance in both the concentric (muscle shortening) and eccentric (muscle lengthening) phases of the exercises, challenging the muscles throughout the entire range of motion.

Throughout the class, the instructor emphasizes proper form and technique to maximize the effectiveness of the exercises and prevent injuries. They may provide modifications or progressions to cater to different fitness levels and ensure everyone can participate safely.

The tempo and intensity of the exercises can vary, incorporating both slow and controlled movements as well as more dynamic and explosive movements. This helps challenge different aspects of strength, endurance, and muscle coordination.

The class typically ends with a cool-down segment, which includes gentle stretches to improve flexibility and promote muscle recovery. This allows the body to gradually return to a relaxed state and prevent post-workout soreness.

A resistance band class offers a versatile and portable workout that can be adapted to different fitness levels and goals. It provides an effective way to build strength, increase muscle tone, and improve overall fitness using the resistance provided by the bands.

Location = Function room
Instructor = Linda Empson
Average Calori Burn = On average, a person weighing around 150 pounds (68 kilograms) can expect to burn approximately 150-200 calories during a 45-minute resistance band class. However, this is a rough estimate and can vary from person to person.

Bike n Bands

Time =	30 Minutes
Equipment =	All equipment will be provided
Fitness Level =	Suitable for all fitness levels
Class Description =	This class combines all the benefits of spin and resistance bands to give you a short but affective workout. Whilst completing a normal express spring class your rest sections will utilise resistance bands to work your upper body. This is done whilst on the bike to ensure you get the most out of your 30 minutes.

A Bike n Band exercise class combines elements of cycling and resistance band training into one dynamic workout session. Participants typically start with a cycling segment, where they pedal on stationary bikes, simulating outdoor biking experiences through various intensities and terrains.

After the cycling portion, participants transition to the resistance band segment. Here, they use resistance bands of different strengths to perform a variety of strength training exercises targeting various muscle groups. These exercises focus on the upper body providing a full-body workout experience.

The combination of cycling and resistance band exercises offers a comprehensive cardiovascular workout while also building strength, endurance, and flexibility. It provides a diverse and engaging workout that caters to individuals of different fitness levels and goals. Moreover, the upbeat music typically played during the class adds energy and motivation to keep participants engaged throughout the session.

Location =	Spin room
Instructor =	Sarah Green
Average Calori Burn =	The number of calories burned during a 30-minute Bike n Band class can vary depending on several factors, including your weight, intensity of the workout, and individual metabolism.

As a general estimate, a 155-pound person can burn approximately 260-350 calories during a 30-minute moderate-intensity cycling session. Resistance band exercises can further contribute to calorie burn, although it may not be as high as cycling.

Keep in mind that this is just an estimate, and the actual calorie burn can vary. The intensity of your workout, your effort level, and individual factors play significant roles in determining the exact number of calories burned.

Pilates

Time =	1 hour
Equipment =	Please bring your own yoga mat.
Fitness Level =	Suitable for all fitness levels
Class Description =	A Pilates class is a mind-body exercise method that focuses on developing core strength, improving flexibility, and enhancing body awareness. It combines precise movements, controlled breathing, and mindful concentration to promote overall fitness and wellbeing.

Pilates exercises focus on quality of movement rather than quantity. They emphasize precision, control, and proper alignment. The instructor guides you through each exercise, providing cues for proper form and breathing techniques.

The exercises in a Pilates class often involve flowing movements that promote fluidity, strength, and flexibility. They may include exercises that target the core muscles, such as the Pilates hundred, roll-ups, leg circles, bridges, and side planks. Additionally, exercises for the arms, legs, and back are incorporated to create a balanced full-body workout.

Throughout the class, the instructor encourages participants to connect with their breath and maintain a strong mind-body connection. Proper breathing techniques, typically involving deep inhalations and exhalations, are an integral part of the Pilates practice. This helps to promote relaxation, focus, and efficient movement.

The class may include modifications or progressions to accommodate different fitness levels and individual needs. The instructor provides options for beginners as well as variations to challenge more advanced participants.

Towards the end of the class, a cool-down segment is included to promote relaxation and flexibility. This often involves gentle stretches and a final relaxation pose, allowing the body to release tension and restore balance.

Pilates classes offer a low-impact yet effective workout that aims to strengthen the core, improve posture, enhance body awareness, and promote overall stability and flexibility. The focus on controlled movements, breathwork, and mindfulness provides not only physical benefits but also a sense of mental clarity and wellbeing.

Location =	Function room
Instructor =	Sheila Vickers
Average Calori Burn =	On average, a person weighing around 150 pounds (68 kilograms) can expect to burn approximately 240-340 calories during a one-hour Pilates session.

Spin/ Express Spin

Time =	30/45 minutes
Equipment =	Spin bike
Fitness Level =	Suitable for all levels. Our spin bikes use a gear system so you are in control of your own resistance at all times.
Class Description =	A Spin class, also known as indoor cycling, is a high-energy group fitness activity that takes place on stationary bikes designed specifically for indoor cycling workouts. It offers a challenging and engaging cardiovascular workout in a group setting.

In a Spin class, participants are guided by an instructor who leads the class through a series of cycling techniques, intensity levels, and motivational cues. The instructor selects energizing music playlists to accompany the workout, creating an immersive and motivating atmosphere. Participants can expect a combination of seated and standing positions on the bike, simulating climbs, sprints, and intervals.

The workout in a Spin class focuses on improving cardiovascular fitness, leg strength, and endurance. The continuous pedaling and resistance adjustments engage major muscle groups, including the quadriceps, hamstrings, glutes, and calves.

Throughout the class, the instructor provides motivation, guidance on proper form and technique, and encourages participants to push their limits. The class concludes with a cool-down phase to gradually lower heart rate and stretching exercises to promote flexibility and aid in muscle recovery.

Spin classes are suitable for individuals of various fitness levels, as participants can control the resistance on their bikes to match their own capabilities. The class offers a low-impact workout that can be customized to individual goals, whether it's weight loss, cardiovascular conditioning, or building lower body strength.

Overall, Spin classes provide an exhilarating and effective way to burn calories, improve cardiovascular fitness, strengthen muscles, and experience the camaraderie of a group exercise environment.

Location =	Studio
Instructor =	Sarah Green/ Kieran Killeen/ Jason Hussey
Average Calori Burn =	On average, a person weighing around 150 pounds (68 kilograms) can expect to burn approximately 300-400 calories during a 45-minute spin class. However, this is a general estimate and can vary from person to person.

Step n Pump

Time =	1 hour
Equipment =	Step and free weights. Please bring your own yoga mat
Fitness Level =	suitable for all levels. Exercises can be performed on the floor with no step and weights can be reduced.
Class Description =	This class combines the elements of step aerobics and strength training exercises to provide a comprehensive and dynamic workout. It is designed to target both cardiovascular endurance and muscular strength.

During a Step and Pump class, participants utilize a raised platform, typically a step bench, to perform a variety of aerobic movements and step patterns.

The aerobic portion of the class focuses on elevating the heart rate and improving cardiovascular fitness. The combination of rhythmic stepping patterns and upbeat music creates an energetic and fun atmosphere.

In addition to the aerobic component, the class incorporates strength training exercises using hand weights or bodyweight. These exercises target different muscle groups, such as the arms, shoulders, chest, back, legs, and core. The strength training component helps to build muscle strength, tone the body, and improve overall muscular endurance.

Towards the end of the class, a cool-down segment is included to gradually lower the heart rate and stretch the muscles. The cool-down promotes flexibility, aids in recovery, and helps prevent post-workout muscle soreness.

Step and Pump classes are suitable for individuals looking for a well-rounded workout that combines cardiovascular conditioning and strength training. It offers the benefits of increased endurance, improved coordination, enhanced muscle tone, and overall body sculpting.

Location =	function room
Instructor =	Sarah Green
Average Calori Burn =	The number of calories burned in an hour-long Step and Pump class can vary depending on various factors such as individual body weight, intensity of the workout, and individual effort. On average, a Step and Pump class can help burn approximately 400-600 calories per hour for an average-sized adult. However, please note that this is just an estimate and individual calorie expenditure may differ. The actual number of calories burned can be influenced by factors such as the intensity of your movements, your fitness level, and your overall exertion during the class.

Power Hiit

Time = 45 minutes
Fitness Level = Suitable for all fitness levels
Equipment = Hand weights and Yoga mat. Please bring your own mat.

Class Description = A Power HIIT (High-Intensity Interval Training) class is a dynamic and challenging workout that combines intense bursts of exercise with short recovery periods. It is designed to improve cardiovascular fitness, build strength, and enhance overall endurance. Here's a description of what you might expect in a Power HIIT class:

The class typically begins with a brief warm-up to prepare the body for the intense workout ahead. This may include light cardio exercises, dynamic stretches, and mobility drills to increase blood flow and loosen up the muscles.

The intervals are often designed to target different muscle groups and energy systems, providing a comprehensive full-body workout. The class may incorporate exercises that focus on cardiovascular endurance, muscular strength, power, and agility.

The instructor guides participants through the exercises, ensuring proper form and technique while motivating and pushing them to their limits. Modifications and progressions may be offered to accommodate different fitness levels and abilities.

Toward the end of the class, there is a cool-down segment to gradually lower the heart rate and stretch the muscles. This helps promote recovery, prevent muscle soreness, and improve flexibility.

Location = Function room

Instructor = Sarah Green

Average Calorie Burn = You can expect to burn approximately 300-450 calories on average for an average-sized adult. However, this is just an estimate, and the actual number of calories burned can vary depending on factors such as your body weight, intensity of the exercises, and individual effort. The type of exercises performed, the amount of resistance or weight used, and your overall fitness level can also influence calorie expenditure. Keep in mind that circuits classes typically involve high-intensity exercises and a combination of cardiovascular and strength training, which can contribute to an elevated calorie burn.

Express Pump

Time = 30 minutes
Fitness Level = Suitable for all fitness levels
Equipment = Hand weights, barbell and Yoga mat. Please bring your own mat.

Class Description = An Express Pump class offers a time-efficient and effective workout that targets multiple muscle groups, promotes strength development, and can contribute to improvements in overall body composition. It is suitable for individuals looking to maximize their workout results in a shorter duration.

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The class begins with a brief warm-up to activate the muscles and increase blood flow. This may include dynamic stretches and mobility exercises to prepare the body for the upcoming strength training exercises.

Once warmed up, the class transitions into a series of exercises targeting different muscle groups. The emphasis is on resistance training using equipment such as barbells. The exercises typically involve compound movements that engage multiple muscle groups simultaneously, maximizing efficiency and calorie burn.

The instructor guides participants through each exercise, providing demonstrations and cues for proper form and technique. They may also offer modifications or variations to accommodate different fitness levels and abilities.

The exercises in an Express Pump class focus on building strength, increasing muscle tone, and improving overall body composition. They may include exercises such as squats, lunges, deadlifts, chest presses, rows, shoulder presses, bicep curls, tricep extensions, and abdominal exercises.

Towards the end of the class, there is a cool-down segment that includes stretching and flexibility exercises to promote muscle recovery and prevent post-workout soreness.

Location = Studio

Instructor = Kieran Killeen

Average Calorie Burn = The number of calories burned in an Express Pump class can vary depending on factors such as your body weight, intensity of the exercises, and individual effort. On average, an Express Pump class can help burn approximately 150-300 calories for an average-sized adult. However, please note that this is just an estimate, and individual calorie expenditure may vary. The actual number of calories burned can be influenced by factors such as the intensity of your workout, the amount of resistance or weight used, and your overall fitness level. Keep in mind that strength training exercises in an Express Pump class can contribute to an increase in muscle mass, which can boost your metabolic rate over time and lead to additional calorie burn even after the class is over.

Power Tone

Time = 45 minutes
Fitness Level = Suitable for all fitness levels
Equipment = Hand weights, barbell and Yoga mat. Please bring your own mat.

Class Description = An Express Pump class offers a time-efficient and effective workout that targets multiple muscle groups, promotes strength development, and can contribute to improvements in overall body composition. It is suitable for individuals looking to maximize their workout results in a shorter duration.

7

The class begins with a brief warm-up to activate the muscles and increase blood flow. This may include dynamic stretches and mobility exercises to prepare the body for the upcoming strength training exercises.

Once warmed up, the class transitions into a series of exercises targeting different muscle groups. The emphasis is on resistance training using equipment such as barbells. The exercises typically involve compound movements that engage multiple muscle groups simultaneously, maximizing efficiency and calorie burn.

The instructor guides participants through each exercise, providing demonstrations and cues for proper form and technique. They may also offer modifications or variations to accommodate different fitness levels and abilities.

The exercises in an Express Pump class focus on building strength, increasing muscle tone, and improving overall body composition. They may include exercises such as squats, lunges, deadlifts, chest presses, rows, shoulder presses, bicep curls, tricep extensions, and abdominal exercises.

Towards the end of the class, there is a cool-down segment that includes stretching and flexibility exercises to promote muscle recovery and prevent post-workout soreness.

Location = Studio

Instructor = Linda Empson

Average Calorie Burn = The number of calories burned in an Express Pump class can vary depending on factors such as your body weight, intensity of the exercises, and individual effort. On average, an Express Pump class can help burn approximately 150-300 calories for an average-sized adult. However, please note that this is just an estimate, and individual calorie expenditure may vary. The actual number of calories burned can be influenced by factors such as the intensity of your workout, the amount of resistance or weight used, and your overall fitness level. Keep in mind that strength training exercises in an Express Pump class can contribute to an increase in muscle mass, which can boost your metabolic rate over time and lead to additional calorie burn even after the class is over.