

# Rivers Health & Fitness: FITNESS CLASS TIMETABLE: April 2018



Free to Rivers members within membership hours (except Pilates & Pole Fit)

MONDAY	
0645 0730	INDOOR CYCLING SPIN STUDIO
0730 0745	ABS GYM
0930 1030	SPARTACUS STUDIO
1200 1230	LIFT LIFT LIFT STUDIO
1800 1900	YOGA HATHA VINYASA FLOW THAMES ROOM
1830 1930	LEAN XTREME STUDIO
1900 2000	BOOTCAMP OUTSIDE
1900 2100	POLE FITNESS P/F STUDIO
1930 2000	ABS GYM
1915 2015	INDOOR CYCLING SPIN STUDIO
1930 2030	PILATES RIVERVIEW
2000 2100	BOOTCAMP OUTSIDE
2030 2130	PILATES RIVERVIEW

TUESDAY	
0645 0730	CIRCUITS STUDIO
0730 0745	ABS STUDIO
0915 1000	BOOTY BLAST STUDIO
1000 1100	BOX FIT STUDIO
1800 2200	POLE FITNESS P/F STUDIO
1845 1930	HIIT STUDIO
1945 2030	ZUMBA STUDIO
1945 2030	INDOOR CYCLING SPIN STUDIO
2000 2030	ABS SCULPT GYM

WEDNESDAY	
0645 0730	BOX FIT STUDIO
0730 0745	ABS GYM
0830 0900	STRETCH GYM
0915 1000	INDOOR CYCLING SPIN STUDIO
1000 1100	CRT CIRCUIT GYM
1500 1530	KNOW WEIGHTS GYM
1630 1730	YOUTH FIT CLASS GYM
1830 1930	LBT STUDIO
1915 2115	POLE FITNESS P/F STUDIO
1930 2030	BOXFIT STUDIO

THURSDAY	
0645 0730	INDOOR CYCLING SPIN STUDIO
0730 0745	ABS STUDIO
0945 1045	LBT STUDIO
1100 1200	YOGA HATHA VINYASA FLOW STUDIO
1900 2000	RUNNING CLUB OUTSIDE
1930 2030	CIRCUITS STUDIO
1930 2030	PILATES THAMES ROOM

FRIDAY	
0645 0745	CORE & CARDIO GYM
0930 1030	CARDIO BLAST
1030 1100	COOORE GYM
1100 1130	STRETCH GYM
1800 1845	BOXFIT GYM

SATURDAY	
0745 0845	BOOTCAMP OUTSIDE
0900 1000	INDOOR CYCLING SPIN STUDIO
1000 1100	BOXFIT RIVERVIEW
1600 1630	KNOW WEIGHTS GYM

SUNDAY	
0900 0930	HIIT STUDIO
0915 1030	<b>NEW CLASS...</b> SHOTOKAN KARATE KIDS/ADULTS
0945 1030	INDOOR CYCLING SPIN STUDIO
1100 1200	BOOTCAMP OUTSIDE

## CLASS DESCRIPTIONS:

**LIFT LIFT LIFT** A weights based class.

**Booty Blast** Strengthen & grow those gluts, BOOTY BLAST will guarantee results that you and your friends desire!

**STRETCH** When you just need to be stretched out because you have been working too hard in the gym. STRETCH will solve those problems so you can get back to popping squats!

**Core & Cardio** Blood sweat and tears is the best way to make abs pop and muscles grow. Try it if you dare.

**Cooore** A great class if your experiencing back pains or shy abs. The class will strengthen your core and lower back.

**Know weights** Learn how to work each muscle group safely and effectively with a mixture of heavy and light weights. Suitable for all.

**Zumba** A Latin inspired dance workout that uses music and choreographed steps to form a fitness party atmosphere.

**HIIT** A training technique in which you give all out 100% effort through quick, intense bursts of exercise followed by short, sometimes active recovery periods.

**Hatha Vinyasa Flow Yoga** Movements are synchronized to the breath and different poses run together smoothly and become like a dance.

**Spartacus** For anyone looking to get lean, toned and fit. Using light to moderate weights with lots of repetition, Spartacus gives you a total body workout. Burn those calories!!

**Lean Xtreme** Total body conditioning, interval based workout. Muscular strength and endurance with a cardio impact. Rapid fat burning results in the ultimate toned holistic resistance workout!

**Boot Camp** The ultimate tyre lifting (literally!) workout that combines cardio with resistance to maximise results quickly. Outside no matter what the weather!

**Abs & Ab's Sculpt** Tone and flatten your stomach and lose some inches from around the waist line. Perfect for back injuries. Build your core strength and improve your posture.

**Circuits** A form of body conditioning and resistance training using high-intensity aerobics. It targets strength building and muscular endurance. Increase your metabolism and boost your fitness levels.

**YouthFit Class** Gym based fitness class taken by a Personal Trainer. Aged from 11 to 15 years. A compulsory £5 induction must be completed before attending the class. £3 per class thereafter. Youths do not need to be accompanied by a parent/guardian during this class.

**Indoor Cycling** A tough, heart pumping workout on a stationary bike. You will climb and sprint through each motivating track with the aid of our instructors, to push you to your limits, and beyond.

**LBT** Tone those areas we love to hate: legs, bums & tums and learn a new variety of exercises.

**BoxFit** Boxing related training is proven as one of the best fitness, toning and calorie burning classes around. Our highly skilled trainers will boost your workout and take your training to the next level.

**Cardio Blast** Interval training on the cardio vascular equipment to aid in improving your performance whether it's for walking, running, cycling, rowing or even cross country sports.

**CRT Circuit** Cardio Resistance Training is a gym based class that alternates intermediate cardio and strength training exercises for a full-body workout.

**Running Club** A mixture of running, sprints and interval training. Suitable for all abilities. Give it a go.

## CLASSES LISTED BELOW ARE AT AN ADDITIONAL COST TO YOUR MEMBERSHIP:

**NEW: SHOTOKAN KARATE** Learn self defence, fitness discipline, confidence and flexibility. Open to men, women and children from 5 years. From £6 per class. Contact: James on 07503 336 773.

**Pilates** Improves flexibility, builds strength, develops control and endurance in the whole body. It puts emphasis on alignment, breathing and developing a strong powerhouse and improving coordination and balance. 10 week course. Rivers members £35 Ibis members £45 Non members £65.

**Pole Fitness** Classes are open to ladies and men of any size, shape or fitness. Classes start at level 1 for beginners. Develop fitness, confidence and muscles that you didn't realise you had, while you meet new people and enjoy the latest and most effective fitness craze. Contact Sharon on 07759 476 023 or [info@thepolefitnessacademy.co.uk](mailto:info@thepolefitnessacademy.co.uk). <http://bookwhen.com/polefitness101> for your free taster.

Fitness classes are **FREE** to Rivers members within membership hours (except Pilates & Pole Fitness). Ibis members £3 per class - Rivers/Ibis guest £4 per class

**Class & Rackets** £5 per class. Members can book classes up to one week in advance. Class & Rackets, non members and guests can book on the day of the class. We require 8 hours notice of cancellation otherwise a charge of £3 per class is applicable. No shows or late arrivals will also be charged at £3 per class. Due to health & safety regulations, admission to the class will not be permitted once it has started. Rivers reserves the right to change or cancel classes at short notice. Information is correct at the time of going to print. Usual club terms and conditions apply.