

Rivers FITNESS CLASS TIMETABLE: July 2017 including SUMMER SCULPT



SUMMER SCULPT: We recommend at least two classes per week for maximum results. Book in at club reception up to a week in advance....

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
0645 0730	INDOOR CYCLING SPIN STUDIO	0645 0730	CIRCUITS STUDIO	0645 0730	INDOOR CYCLING SPIN STUDIO	0645 0730	BOXFIT STUDIO	0645 0745	TRX CIRCUIT GYM	0800 0900	BOOTCAMP OUTSIDE
0730 0745	ABS GYM			0730 0745	ABS GYM	0730 0745	ABS STUDIO			0900 1000	INDOOR CYCLING SPIN STUDIO
0800 0830	HIIT GYM	0730 0745	ABS STUDIO	0800 0830	HIIT GYM	0800 0830	HIIT GYM	0800 0830	HIIT GYM		
0930 1030	SPARTACUS STUDIO			0915 1000	INDOOR CYCLING SPIN STUDIO	0930 1030	YOGA HATHA VINYASA FLOW STUDIO			1000 1100	BOXFIT RIVERVIEW
1200 1300	BOOTCAMP OUTSIDE	0800 0830	HIIT GYM	1000 1100	CRT CIRCUIT GYM						
1800 1900	YOGA HATHA VINYASA FLOW THAMES ROOM	1000 1100	TEAM FITNESS STUDIO	1500 1530	NEW CLASS KNOW WEIGHTS GYM	1030 1130	LBT STUDIO	0930 1030	CARDIO BLAST GYM NEW TIME	1600 1630	NEW CLASS KNOW WEIGHTS GYM
1830 1930	LEAN XTREME STUDIO	1800 1900	POLE FITNESS P/F STUDIO	1630 1730	YOUTH FIT CLASS GYM	1900 2000	RUNNING CLUB OUTSIDE				
1900 2000	BOOTCAMP OUTSIDE	1845 1915	HIIT STUDIO	1830 1930	LBT STUDIO	1900 2000	POLE FITNESS P/F STUDIO	1800 1845	BOXFIT GYM		
1930 2000	ABS GYM	1930 2015	ZUMBA STUDIO	1930 2030	BOXFIT STUDIO	1930 2030	CIRCUITS STUDIO				
1930 2030	INDOOR CYCLING SPIN STUDIO	2000 2030	ABS SCULPT GYM	1915 2115	POLE FITNESS P/F STUDIO	1930 2030	PILATES THAMES ROOM	1900 2000	POLE FITNESS P/F STUDIO	0900 0930	HIIT STUDIO
1930 2030	PILATES RIVERVIEW									0945 1030	INDOOR CYCLING SPIN STUDIO
2000 2100	BOOTCAMP OUTSIDE									1100 1200	BOOTCAMP OUTSIDE
2030 2130	PILATES RIVERVIEW										
SUNDAY											

CLASS DESCRIPTIONS:

NEW CLASS: 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. Classes can also contain everything from jazz to African beats to country to hiphop and pop.

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!

TRX Circuit Suspension training. Bodyweight exercises developing strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX suspension trainer, a highly portable performance training tool that leverages gravity and body weight to complete hundreds of exercises.

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

Team Fitness The class is designed to deliver a fun workout in a team environment. The programme incorporates both light upper and lower-body strength training and cardio.

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:

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.

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.