

Rivers Health & Fitness: FITNESS CLASS TIMETABLE: March 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 |
| 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 1900 | 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 |
| 1930 2030 | BOXFIT STUDIO |
| 1915 2115 | POLE FITNESS P/F 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 |
| 1900 2000 | POLE FITNESS P/F STUDIO |
| 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 |
| 1900 2000 | POLE FITNESS P/F STUDIO |

| 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 |
| 0945 1030 | INDOOR CYCLING SPIN STUDIO |
| 1100 1200 | BOOTCAMP OUTSIDE |

CLASS DESCRIPTIONS:

LIFT LIFT LIFT Does exactly what is says on the tin. Weights based.

Booty Blast If your looking to strengthen and grow those gluts, then 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 Cooore is 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. 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!

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:

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 complete 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.

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.