

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



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

MONDAY	
0645 0730	LIFT GYM
0730 0745	ABS GYM
0930 1030	FINNS CLASS 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
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 1015	BOOTY BLAST STUDIO/GYM
1015 1030	CORE! STUDIO
1800 1845	TOTAL TONE STUDIO
1845 1930	RELENTLESS STUDIO
1945 2030	ZUMBA STUDIO
1945 2030	LIFT! GYM

WEDNESDAY	
0645 0730	BOX FIT STUDIO
0730 0745	ABS GYM
0915 1000	INDOOR CYCLING SPIN STUDIO
1000 1100	CRT CIRCUIT 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/GYM
1100 1200	YOGA HATHA VINYASA FLOW STUDIO
1830 1930	BODYBEAST STUDIO/GYM
1900 2000	RUNNING CLUB OUTSIDE
1930 2015	BOOTY BLAST STUDIO/GYM <b>NEW TIME!</b>
1930	LIFT GYM
1930 2030	PILATES THAMES ROOM

FRIDAY	
0645 0730	BOXHITT GYM
0930 1030	CARDIO BLAST GYM/STUDIO
1030 1115	CORE GYM/STUDIO
1800 1845	BOXFIT GYM

SATURDAY	
0745 0845	BOOTCAMP OUTSIDE
0900 1000	INDOOR CYCLING SPIN STUDIO
1000 1100	BOXFIT RIVERVIEW

SUNDAY	
0900 0930	HIIT STUDIO/GYM
0915 1030	SHOTOKAN KARATE KIDS/ADULTS
0945 1030	INDOOR CYCLING SPIN STUDIO

## CLASS DESCRIPTIONS:

**Bodybeast** Tough army-style workout designed to take you all the way to fatigue. Not for the faint hearted.

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

**CORE!** Tough conditioning style class focused fully on core strength and stability Suitable for all.

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

**RELENTLESS** Exciting new class: A class in which you have to give 100% effort through intense periods of HIIT circuits! Build muscle and burn fat!

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

**Finns Class** For anyone looking to get lean, toned and fit. Using light to moderate weights with lots of repetition, Finns Class 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!

**Core / 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** A 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. YouthFit membership £15 per month - allows entry for the youth for the same hours as the current Rivers member and includes the YouthFit class.

**LIFT** a class involving compound lifts accumulating the ability to lift safely yet lift BIG.

**BOXHITT** incorporating high intense periods of exercise with intermittent rest periods alongside boxing style fitness work.

**TOTAL TONE** a class designed to focus on shaping your body just the way you wanted to. Total body conditioning weighted circuit class. Time to tone!

**Indoor Cycling** A tough, heart pumping workout on a stationary bike. Hill climb and sprint through each motivating track pushing 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 cv equipment, 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.

**Fitness classes are FREE to Rivers members within membership hours** (except Karate, Pilates & Pole Fitness). Ibis members £3 per class, Guests £4 per class, Non members £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.