



# THE MERRILL

LEISURE CLUB

## ***Fitness Class Timetable – August 2018***

<b>Day</b>	<b>Class</b>	<b>Time</b>	<b>Location</b>
<b>Monday</b>	Boxercise	9.30 – 10.00	Fitness Studio
	Aqua Aerobics	10.15 – 11.00	Swimming Pool
	Super Spin	18.30 – 19.15	Spin Studio
	Aerobics	19.30 – 20.00	Fitness Studio
<b>Tuesday</b>	Kettlebells and Barbells	9.30 – 10.15	Fitness Studio
	Stretch, Flex & Core	10.30– 11.00	Fitness Studio
	HIIT Spin	18.30 – 19.15	Spin Studio
	Aqua Aerobics	19.30 – 20.00	Swimming Pool
<b>Wednesday</b>	HIIT Circuits	9.30 – 10.00	Fitness Studio
	Aqua Aerobics	10.15 – 11.00	Swimming Pool
	Super Spin	18.30 – 19.00	Spin Studio
	B.L.T	19.15 – 19.45	Fitness Studio
	Boxercise	20.00 – 20.30	Fitness Studio
<b>Thursday</b>	Super Spin	9.30 – 10.15	Spin Studio
	Stretch, Flex & Core	10.30 – 11.00	Fitness Studio
	Kettlebell Blast	18.30 – 19.00	Fitness Studio
	HIIT Spin	19.15 – 19.45	Spin Studio
	Aqua Aerobics	20.00– 20.30	Swimming Pool
<b>Friday</b>	HIIT Circuits	9.30 – 10.00	Fitness Studio
	Aqua Aerobics	10.15 – 11.00	Swimming Pool
	Super Spin	18.30– 19.15	Spin Studio
<b>Saturday</b>	Stretch, Flex & Core	9.15 – 10.00	Fitness Studio
	Super Spin	10.15 – 11.00	Spin Studio

# ***Fitness Class Descriptions***

## **Boxercise**

Boxercise is a high intensity exercise class that combines high intensity cardio exercise with non-contact boxing moves aimed at knocking your body into shape. Using pads and gloves you will shadow box, work in pairs and we will teach you basic boxing techniques to help you strengthen your core while blitzing those calories in a fun and fast workout.

## **HIIT Spin**

HIIT Spin is a shorter but tougher version of our Super Spin Class. This class focuses on short sprints and short power climbs aimed at kicking your metabolism into high gear. Short recovery periods in this class mean that you will be working at a high intensity level from start to finish.

## **Super Spin**

Super Spin is a longer but lower intensity class than HIIT Spin. It may be lower intensity but it is just as hard combining longer harder climbs and repeated sprints make this class a real calorie killer.

## **B.L.T**

Bums, Legs & Tums is a class which focuses on building and toning these body parts. There is an element of cardio involved also but predominately focuses on strength training using barbells, kettlebells and dumbbells to strengthen and tone the muscles mentioned. Other items such as steps and benches may also be used. Ideal for strengthening and toning the lower body.

## **Aerobics**

Aerobics is a class based on movement. Non-weight bearing exercises will be mainly performed, although, weights may also be used to further intensify the class. Ideal for burning calories and improving fitness.

## **HIIT Circuits**

In HIIT Circuits you will move through a number of stations/exercises that make up the circuit. This class is all about short bursts of high intensity exercise combined with short recovery periods to work you to the max.

## **Aqua Aerobics**

Our ever-popular pool-based fitness class combines a range of moves to improve fitness, flexibility and muscle tone. Working your upper and lower body and using the water as resistance this class is great for all fitness levels.

## **Stretch, Flex & Core**

Stretch, Flex and Core focuses on light mobility exercises and gentle stretching. This class will improve flexibility and enhance core strength. Stretch, Flex & Core is ideal for anyone suffering with stiff joints or muscles and the instructor will guide you through a range of stretching and breathing techniques. By the end of the class you will be relaxed and refreshed.

## **Kettlebell Blast**

Kettlebell blast will take you through a series of upper and lower body exercises using the kettlebell as resistance. This is a great all-round class combining both cardio and resistance training aimed at shredding fat and getting you stronger.

## **Super Circuits**

Super Circuits will take you through a number of different stations combining upper and lower body exercises. Each exercise is done for a set period of time with a recovery period either between exercises or between sets. This class is a mix of cardio and strength-based exercises and is great for all round fitness

## **Fitness Class Rules**

- Please be on time for the class – you may not be allowed to participate if you arrive late.
- Appropriate clothing and footwear must be worn in all classes
- Please leave your phone in your locker
- Please make sure you sign in for all evening classes
- Make sure you let the class instructor know if you have any issues that may affect your ability to do the exercises in the class.