

## Monday

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10:30-11:30

### BUMS & TUMS LITE

A lighter version of this top calorie burning exercise.

Beginner to intermediate // lower body

17:15-18:00

### METAFIT

High Intensity Interval Training (HIIT) that uses bodyweight exercises to target your largest muscle groups.

Advanced // High impact // Total body

18:00-19:00

### BUMS & TUMS

A top calorie burner so great if you want to lose weight and it also targets those tricky areas.

Beginner to intermediate // Lower body

19:00-20:00

### AQUA AEROBICS

A whole body work out that improves muscle tone and flexibility - great for people who can't do the gym.

Beginner // Low impact // Easy to follow

19:00-20:00

### PILATES

Invigorate your mind and body while helping to flatten your stomach, ease back pain, increase flexibility and improve your posture without placing too much impact on your body.

Beginner to intermediate // Lower body

## Tuesday

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17:00-18:00

### TABATA

A High Intensity Interval Training (HIIT) in 20 second bursts. Each round takes a few minutes they'll push you to your limit.

Advanced // High impact // Total body

18:00-19:00

### AEROMIX

A combination of aerobic & combat workouts combined with 30 minutes mat and weight work.

Intermediate to advanced // Upper body and all over body

19:00-20:00

### ZUMBA

Combining high energy and motivating music, Zumba brings together aerobic and fitness interval training with a fast and slow rhythm.

Intermediate

## Wednesday

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10:00-11:00

### AQUA AEROBICS

A whole body work out that improves muscle tone and flexibility - great for people who can't do the gym.

Beginner // Low impact // Easy to follow

17:15-17:55

### AFTERBURN

Intensive workout using Pyramid Training, HIIT & Tabata - a workout that keeps on burning.

Intermediate to advanced // Total body

18:00-19:00

### BUMS & TUMS

A top calorie burner so great if you want to lose weight and it also targets those tricky areas.

Beginner to intermediate // Lower body

19:00-21:00

### YOGA\*

Complete physical, mental and emotional relaxation while allowing you to explore the powers of your subconscious and unconscious mind.

All Levels

## Thursday

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17:15-18:00

### METAFIT

High Intensity Interval Training (HIIT) that uses bodyweight exercises to target your largest muscle groups.

Advanced // High impact // Total body

18:00-19:00

### SALSA AEROBICS

Move your body to a salsa dance aerobic class. A mixture of high/low moves shaping you up the salsa way.

Intermediate // Lower body

19:00-20:00

### TONE

A conditioning class using bars, hand weights and steps- lunges, squats and press ups etc. This is a whole body workout that focuses on arms, legs, shoulders, glutes, and core.

Beginner to intermediate // Total body

## Saturday

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09:30-10:30

### YOGA

Complete physical, mental and emotional relaxation while allowing you to explore the powers of your subconscious and unconscious mind.

All Levels

*Ruskin*  
Health & Fitness

### \* PRIVATE CLASS

Please ask at the desk for more details of these private classes.

EXERCISE CLASS TIMETABLE