

the park Health & Fitness

Exercise Class Timetable

Effective from Monday 20th January 2020:

	7.00am	10.15am	12.05pm	1.05pm	5.15pm	6.15pm	7.15pm
MON	Studio resistance		Studio Circuits		TB40	Tabata	
TUES	Studio Cycling		Studio Resistance		Studio Cycling	Studio Circuits	Zumba Circuits
WEDS	Circuits		K-Fit	Fitness Pilates	Circuits (Hall)	Boxercise	Studio Resistance
THURS	HIIT		TB40	Zumba	HIIT	Studio Cycling	
FRI	Tabata		HIIT		Studio Resistance		
SAT		HIIT					
SUN		Tabata					

Prices:

1 x class | £5.00

1 x month class pass | £30.00

Classes can be booked up to a week in advance via email, phone or in person!



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Class Descriptions

K-Fit | A 45 minute body-sculpting class using kettlebells and different training techniques for a full body workout

Studio Cycling | Using a combination of hills, sprints, static holds and climbs, our instructors will take you through a program designed to improve your cardiovascular fitness and endurance.

Tabata | A format of high intensity training that produces amazing results in both aerobic and anaerobic capacity. Tabata training helps you produce maximum results in minimum time.

Studio Resistance | A class using barbells and dumbbells to offer you a full body, muscle burning workout using a combination of strength and toning techniques.

Fitness Pilates | Increases muscular balance and strength, improves posture and facilitates your ability to optimally function both occupationally and recreationally.

Circuits | Fitness class using a range of equipment such as powerbags, med balls, benches, and more. Sessions vary weekly and are designed to work your overall body using a variety of exercises.

Zumba | A class for everyone- It's basically 'exercise in disguise' You'll be having to much fun to realise you're working out!

Boxercise | A 45 minute workout with a combination of boxing techniques and hiit / circuit movements

TB-40 | A 40 minute total body workout using a variety of dumbbells, barbells, kettlebells and medicine balls. This class will help sculpt and tone your body whilst improving core strength.

HIIT | A 45 minute class using High Intense Interval Training techniques for an all-over body workout.