

STONYHURST
SPORTS



CENTRE



FITNESS CLASS TIMETABLE

TIME	CLASS	INSTRUCTOR
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MONDAY

08.30-09.30	Cardio Tennis	David
17.15-18.00	Bootcamp	Greig
17.30-18.30	Yoga	Kiera
18.30-19.00	Sprint Spin	Mark

TUESDAY

08.30-09.15	Spin	Claire
17.00-17.45	Pump & Burn	Claire
18.00-19.00	Kettlebells	Mark

WEDNESDAY

08.30-09.15	Spin & Abs	Mark
09.30-10.15	Aqua Mobility	Edna
17.00-17.45	Legs, Bum & Tums	Jennifer
18.00-19.00	Pre/Postnatal Yoga	Kiera

THURSDAY

08.30-09.15	Circuits	Greig
09.30-10.30	Yoga	Kiera
17.00-17.45	W.O.W.	Claire

FRIDAY

08.30-09.15	Pump & Burn	Claire
12.00-12.30	HIIT	Mark
17.30-18.30	Yoga	Kiera

SATURDAY

08.30-09.15	Spin	Claire
09.30-10.30	Pump & Burn	Claire

Spin

This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome! Remember to bring a towel and water bottle!

Spin & Abs

A great cardiovascular workout with the added extra bonus of a fantastic core workout thrown in for good measure.

W.O.W.

If you can only make one class each week then this is for you. Be left guessing with the Workout Of The Week.

Pump & Burn

A great total body workout utilising weighted and bodyweight exercises to sculpt, tone and strengthen the entire body. Suitable for all ages and fitness levels.

Bootcamp

Brave the elements and push yourself to your limits with our outside Bootcamp. The class will include bodyweight exercises with the odd car tyre thrown in for fun... and don't forget the mud.

Yoga

Vinyasa flow yoga has both physical and mental benefits. Physically, you build strength, flexibility, improve respiratory function and range of motion in the joints. Mentally, the synchronised breathing relaxes and calms the mind.

Pre/Postnatal Yoga

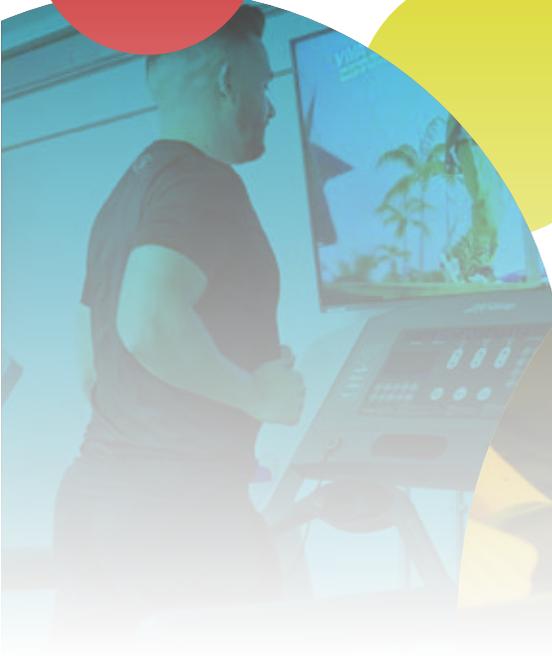
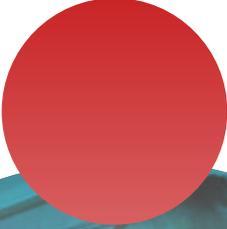
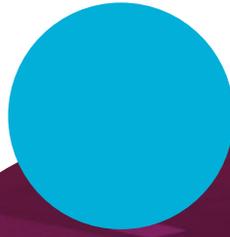
The yoga we do in pregnancy is gentle and relaxing and can help to reduce fatigue and tension, while promoting strength and flexibility through safe and effective yoga poses, breathing techniques and relaxation.

Cardio Tennis

A fun, new, group activity featuring drills to give players of all abilities an ultimate, high-energy workout. Cardio Tennis includes a warm-up, cardio workout and cool down phase.

Circuits

Multiple work stations that form an all-round body workout. A mix of body conditioning, endurance **training** and resistance **training** using high intensity interval training



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