

CROSBY CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15am (40mins) Virtual Spin Spin Studio	7.15am (25mins) HIIT Studio 1	7.30am (25mins) Spin Spin Studio	7.30am (25mins) Spin Spin Studio	7.15am (55mins) BODYPUMP Studio 1	8.00am (40mins) Spin Spin Studio	9.30am (40mins) HIIT Studio 1
9.15am (25mins) Legs, Bums & Tums Studio 1	7.45am (25mins) Spin Spin Studio	8.00am (55mins) BODYBALANCE Studio 2	8.00am (25mins) Women & Weights Gym	8.15am (55mins) BODYBALANCE Studio 2	8.45am (40mins) Spin Spin Studio	10.15am (40mins) Spin Spin Studio
9.45am (40mins) Spin Spin Studio	8.15am (25mins) Women & Weights Gym	9.15am (55mins) BODYPUMP Studio 1	8.30am (55mins) BODYBALANCE Studio 2	9.15am (40mins) Step Interval Aerobics Studio 1	9.30am (55mins) BODYCOMBAT Studio 1	11.00am (25mins) Legs, Bums & Tums Studio 1
9.45am (40mins) BODYPUMP Studio 1	8.45am (25mins) Legs, Bums & Tums Studio 1	9.15am (40mins) Stretch and Tone Studio 2	9.15am (40mins) BODYPUMP Studio 1	9.15am (25mins) Women & Weights Gym	10.30am (55mins) BODYPUMP Studio 1	11.30am (40mins) Virtual Spin Spin Studio
10.30am (25mins) Tai Chi Studio 2	9.15am (40mins) BODYCOMBAT Studio 1	10.00am (25mins) Nifty 50s Aerobics Studio 2	10.00am (40mins) BODYCOMBAT Studio 1	9.45am (40mins) Hot Pilates* Studio 2	11.30pm (55mins) Hot Yoga* Studio 2	11.30am (55mins) BODYBALANCE Studio 2
10.30am (40mins) BODYCOMBAT Studio 1	9.30am (25mins) Nifty's Dancercise Studio 2	10.15am (25mins) Step Interval Aerobics Studio 1	10.45am (55mins) BODYBALANCE Studio 2	10.00am (25mins) ZUMBA Studio 1	12.30pm (40mins) Virtual Spin Spin Studio	
11.00am (25mins) Women & Weights Gym	10.00am (25mins) Express BODYBALANCE Studio 2	10.30am (25mins) Tai Chi Studio 2	1.00pm (40mins) Virtual Spin Spin Studio	10.30am (25mins) Legs, Bums & Tums Studio 1		
11.15am (55mins) BODYBALANCE Studio 2	10.00am (25mins) HIIT Studio 1	10.45am (25mins) ZUMBA Studio 1	4.30pm (40mins) BODYPUMP Studio 1	10.30am (55mins) Hot Yoga* Studio 2		
11.30am (25mins) Nifty 50's Dancercise Studio 1	10.30am (40mins) Step Aerobics Studio 1	11.00am (25mins) Women & Weights Gym	5.15pm (40mins) Spin Spin Studio	11.00am (40mins) Spin Spin Studio		
4.30pm (40mins) HIIT / PUMP Studio 1	10.45am (25mins) Women & Weights Gym	11.15am (25mins) Legs, Bums & Tums Studio 1	5.15pm (40mins) BODYCOMBAT Studio 1	1.00pm (40mins) Virtual Spin Spin Studio		
5.15pm (25mins) Spin Spin Studio	11.15am (40mins) Spin Spin Studio	11.30am (25mins) Spin Spin Studio	6.00pm (25mins) HIIT / STEP Studio 1	4.30pm (40mins) BODYPUMP Studio 1		
5.15pm (40mins) BODYCOMBAT Studio 1	11.15am (55mins) Yin Yoga* Studio 2	11.45am (55mins) Hot Yoga for Bad Backs* Studio 2	6.30pm (25mins) HIIT / PUMP Studio 1	5.15pm (40mins) BODYCOMBAT Studio 1		
5.45pm (10mins) Express Abs Gym	12.00pm (25mins) Weight Loss Challenge Meeting Lounge	1.00pm (40mins) Virtual Spin Spin Studio	6.30pm (25mins) Women & Weights Gym	6.00pm (55mins) BODYBALANCE Studio 1		
6.00pm (55mins) BODYBALANCE Studio 2	4.30pm (40mins) BODYCOMBAT Studio 1	4.30pm (40mins) BODYCOMBAT Studio 1	7.00pm (40mins) Legs, Bums & Tums Studio 1	7.00pm (40mins) Virtual Spin Spin Studio		
6.00pm (25mins) HIIT / STEP Studio 1	5.15pm (25mins) Spin Spin Studio	4.30pm (40mins) Spin Spin Studio	7.30pm (50mins) Hot Yoga* Studio 2			
6.30pm (25mins) HIIT / PILATES Studio 1	5.15pm (25mins) Legs, Bums & Tums Studio 1	5.15pm (25mins) Legs, Bums & Tums Studio 1	8.30pm (40mins) Spin Spin Studio			
7.00pm (25mins) Spin Spin Studio	5.45pm (40mins) BODYPUMP Studio 1	5.15pm (25mins) Spin Spin Studio				
7.00pm (40mins) BODYPUMP Studio 1	5.45pm (40mins) Hot Pilates Studio 2	5.45pm (25mins) HIIT / PUMP Studio 1				
7.30pm (10mins) Express Abs Gym	6.30pm (25mins) HIIT / STEP Studio 1	5.45pm (10mins) Express Abs Gym				
7.45pm (55mins) Hot Yoga* Studio 2	6.30pm (25mins) Spin Spin Studio	6.15pm (55mins) BODYBALANCE Studio 2				
	7.00pm (10mins) Express Abs Gym	6.15pm (40mins) BODYCOMBAT Studio 1				
	7.00pm (40mins) BODYCOMBAT Studio 1	7.00pm (55mins) BODYPUMP Studio 1				
	7.30pm (55mins) Hot Yoga* Studio 2	8.00pm (25mins) HIIT / STEP Studio 1				

*please note there is an extra charge/bolt on for these classes

CLASS DESCRIPTIONS

CLASS	CLASS DESCRIPTION	THE BENEFITS OF THE CLASS	LEVEL
Body Balance*	Combines Tai-Chi, Pilates and Yoga exercises in one class	Lengthens, strengthens and tones muscles. Leaves you feeling centred and calm	All
Express Body Balance*	A condensed 25 minute Body Balance Class for busy people	Lengthens, strengthens and tones muscles. Leaves you feeling centred and calm	All
Body Combat*	Energetic, calorie burning class with moves and stances taken from self-defence sports such as Karate, Boxing and Tae Kwondo	Burns calories, improves cardiovascular system and tones muscles. Gives members a natural high	Intermediate/Advanced
Body Pump*	A fantastic muscle toning class, using steps and barbell weights	Can dramatically change your body shape by toning and defining muscles. Helps prevent Osteoporosis	All (options given for beginners)
Express Abs	A short 10minute session in the gym which focusses on the abdominal muscles	Strengthens core abdominals to tone stomach - great for members with little time to spend in the gym	All
Express Cardio	A short 10minute session in the gym which includes quick bursts of intensive exercises such as burpees and jumping jacks	Burns calories and increases fitness levels - great for members with little time to spend in the gym	All (options given for beginners)
Gym Induction	A basic introduction to teach members how to use the gym equipment	New members will learn how to use the gym equipment. Instructors will check and correct technique	Beginner
HIIT	High Intensity Interval Training. This class is what you need to blast fat, burn calories and increase fitness levels by performing short blasts of intensive exercises	Burns calories and increases fitness levels using the unique interval training format	All
HIIT/Pilates	Combines core strength and stability exercises with explosive high intensity cardio exercises	Burns calories and increases fitness levels using the unique interval training format. Also Improves posture, muscle tone, core strength and flexibility	All
HIIT/Pump	Combines core muscular strength and endurance with explosive high intensity cardio exercises	Burns calories and increases fitness levels using the unique interval training format. Also tones and defines muscles, helping prevent Osteoporosis	All (options given for beginners)
HIIT/Step	Combines compound movement with with explosive high intensity cardio exercises	Burns calories and increases fitness levels using the unique interval training format. Can reduce blood pressure and improve circulation	Intermediate/Advanced
Hot Pilates	A fitness pilates class performed in 80 - 100 degrees Fahrenheit taken in our specially heated studio	Increases circulation and lung capacity. Reduces stress and improves core strength. Burns between 500 and 1,250 calories per session	Not suitable for pregnant women
Hot Yoga	A Yoga class performed in 80 - 100 degrees Fahrenheit taken in our specially heated studio	Increases circulation and lung capacity. Reduces stress and improves flexibility. Burns between 500 and 1,250 calories per session	Not suitable for pregnant women
Hot Yoga (Bad Backs)	A Yoga class which focuses on the spine and muscles around the spine. Performed in 80 - 100 degrees Fahrenheit taken in our specially heated studio	Helps correct bad posture and strengthen the back	Not suitable for pregnant women
Legs, Burns & Tums	A lower body toning workout	Tones the problem areas around the bottom, stomach and legs	All
Nifty 50's/ Nifty's Dancercise	A low impact Aerobic Class	Mobilizes the joints and improves circulation. This is a great social class for more mature members	Age 50+
Pilates	A slow moving class incorporating pilates toning moves	Reduces stress and improves core strength.	All
Spinning	A calorie burning class performed in our specialised spin studio on Matrix spin bikes	Burns Calories without impacting on joints and improves fitness levels	All (options given for beginners)
Step Aerobics	A choreographed cardiovascular class using an elevated platform to step up and down	Burns body fat whilst toning muscles. Improves circulation and reduces blood pressure	Intermediate/Advanced
Stretch and Tone	A low impact class combining stretching exercises with light toning exercises	Improves flexibility and muscle tone	All
Tai Chi	A Tai Chi inspired fitness class which utilizes relaxing flowing movement to help you de-stress.	Helps prevent stiffness in joints. Strengthens and lengthens muscles, aiding flexibility. Relaxes and de-stresses the body	All
Weight Loss Challenge	A unique slimming group	Educates and motivates members to achieve their weight loss targets. Being part of the group gives members encouragement to stick to their plan	Members who want to lose weight
Women & Weights	A non intimidating gym based weight training class using varied weighted dumbbells	Strengthens and tones muscles. Gives muscle definition without building bulk	All
Yin Yoga	A slower Yoga class holding poses for longer	Improves range of motion in joints by lengthening connective tissue	All (options given for beginners)
Zumba	An exhilarating high energy dance class	Great mood lifting cardiovascular class which burns calories and tones muscles.	All
*Les Mills Classes	These classes are choreographed to music and are taught all over the world. New classes are launched every 3 months after Instructors have attend training to keep updated with new moves and music	Members will experience a feeling of accomplishment and enjoyment from the classes. See specific benefits for each class	See Specific Class Descriptions