

# CLASS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
07:00	Body Conditioning (45 min) Fitness Team	Wake Up Workout (45 min) Fitness Team	Boxfit (45 min) Fitness Team	Express Cardio (30 min) Fitness Team	Circuits (45 min) Fitness Team								
07:15													
07:30													
07:45													
08:00													
08:15													
08:30			Body Conditioning (45 min) Fitness Team			Tai Chi (1 hour) Steve Munn							
08:45	Mini Circuits (30 min) Fitness Team	Iyengar Yoga (1 hour) Adrienne Riel											
09:00					Pilates Advanced (1 hour) Sarah Lasenby		Circuits (45 min) Fitness Team						
09:15													
09:30	Pilates Advanced (1 hour) Kirsten Cowan		Zumba (1 hour) Lucile Eade-Brachet										
09:45													
10:00					Aqua Fit (45 min) Annie Arscott	Legs, Bums & Tums (45 min) Fitness Team	Boxfit (45 min) Fitness Team						
10:15													
10:30		Aqua Fit (45 min) Ann Aplin					Body Conditioning (45 min) Fitness Team						
10:45	Pilates Interm (1 hour) Kirsten Cowan												
11:00													
11:15		Aqua Fit (45 min) Ann Aplin	Hatha Yoga (1 hour) Steve Munn	Cardio Tone (1 hour) Vicky Scott	Hatha Yoga (1 hour) Arooj Urwin	Pure Stretch (1 hour) Samantha Riley							
11:30													
11:45													
12:00	Pilates Beginner (1 hour) Kirsten Cowan	Pure Stretch (1 hour) Samantha Riley	Gentle Yoga (1 hour) Steve Munn	Yin Yoga (1 hour) Vicky Scott	Vinyasa Flow Yoga (1 hour) Arooj Urwin	<b>CLASS BOOKINGS</b>  Bookings for classes can be made seven days in advance online at members.phylliscourt.co.uk  Please make every effort to cancel your classes online or via Reception on 01491 570518.  Members are required to cancel no later than 2 hours before their class.  <b>KEY</b>  💧 Pool-based class £ Paid course  <i>This timetable may be subject to change</i>							
12:15													
12:30													
12:45													
13:00													
13:15													
13:30	Legs, Bums & Tums (45 min) Fitness Team	Mini Circuits (30 min) Fitness Team	Kettlebell & Cardio (45 min) Fitness Team	Low Impact Workout (45 min) Fitness Team	Body Conditioning (45 min) Fitness Team								
13:45													
14:00													
14:15													
15:00													
15:15													
15:30													
15:45													
16:00			Pilates Intermediate (1 hour) Vanessa Mansergh	Pure Stretch (1 hour) Ciaran Cashmore									
16:15													
16:30													
16:45													
17:00													
17:15	Express Cardio (30 min) Fitness Team	Cardio Step (45 min) Fitness Team	Express Cardio (30 min) Fitness Team										
17:30													
17:45													
18:00	Fitness Flow (1 hour) Nicky Howard	Boxfit (45 min) Fitness Team	Pilates Interim/Adv (1 hour) Arooj Urwin	Mini Circuits (30 min) Fitness Team	Kettlebell & Cardio (45 min) Fitness Team								
18:15													
18:30					Aqua Fit (45 min) Annie Arscott	Legs, Bums & Tums (45 min) Fitness Team							
18:45													
19:00													
19:15													

For class descriptions or further information please visit [phylliscourt.co.uk/the-fitness-centre](http://phylliscourt.co.uk/the-fitness-centre).

# CLASS DESCRIPTIONS



## BOXFIT

---

A fun, empowering and calorie-burning workout to build your strength and muscular endurance. This class uses the training concepts and techniques used by boxers to keep fit.

## WAKE UP WORKOUT

---

A class that starts your day off with a boost. This workout uses a fun mixture of cardio, muscular endurance and relaxing stretches to get you ready for the day ahead.

## BODY CONDITIONING

---

A workout based on cardio and resistance exercises to work out your whole body. Using aerobics, floor work, weights and resistance training, you're guaranteed a varied class that will hit those areas that other workouts miss.

## EXPRESS CARDIO

---

An energetic, effective and efficient 30 minute cardio workout using bodyweight exercises to spike the heart rate, burn calories and increase cardiovascular fitness.

## CIRCUITS

---

A 45 minute workout to burn calories and target all of your muscle groups by moving your way around different exercise stations to develop your build muscular endurance and your cardiovascular fitness.

## MINI CIRCUITS

---

A fast paced, high energy class moving your way around different exercise stations in 30 minutes to squeeze a workout into your busy schedule.

## LEGS, BUMS & TUMS

---

This workout will take you through a variety of resistance, floor-based and aerobic exercises to strengthen and tone the muscles in your lower body.

## KETTLEBELL & CARDIO

---

A complete body workout that combines power and strength to build stamina and total body strength using kettlebells. Combined with cardio exercises to raise your heart rate, we provide you with the ultimate workout.

## CARDIO STEP

---

An aerobics-based class using only a step to give you a fun and effective exercise session to raise your heart rate and increase your level of fitness.

## LOW IMPACT WORKOUT

---

A low-impact workout suitable for the older class goer that exercises all the major muscle groups and gently raises the heart rate through light cardio exercises.

## PILATES

---

Sessions that help develop a strong core, build strength and endurance as well as improving your balance and coordination.

## HATHA YOGA

---

Floor based and more gentle class designed to align and calm your mind, body and spirit.

## IYENGAR YOGA

---

A more intense form of Hatha yoga with an emphasis on detail, precision, alignment, posture and breath control.

## GENTLE YOGA

---

A chair based class appropriate for those who seek a less strenuous yoga session as it is slow-paced, well supported and relaxing.

## VINYASA FLOW YOGA

---

An intermediate form of yoga that links breathing, movement and poses together.

## YIN YOGA

---

A series of long held, passive floor poses focusing on lower body to increase circulation in the joints and improve flexibility.

## TAI CHI

---

A series of movements performed in a slow, focused manner and accompanied by deep breathing.

## CARDIO TONE

---

A strength-based class that utilises barbells to perform resistance exercises.

## FITNESS FLOW

---

A combination of yoga and pilates at a faster pace.

## PURE STRETCH

---

A class to improve flexibility and mobility, focusing on core strength through stretching sequences.

## AQUA FIT

---

A pool-based, low impact, full-body aerobics class with upbeat music to improve your strength and cardio fitness.