

CLASS DESCRIPTIONS

Ab Attack – A 15 minute class, focusing on a variety of exercises to strengthen and tone the muscles of the abdominal area. Join in to kiss goodbye to the handles of love and say hello to the stomach of your dreams!

Body Balance – Is a dynamic yoga-based stretch class that leaves you feeling relaxed and renewed. It also incorporates pilates, tai chi and feldenkrais techniques.

Body Combat – Combines powerhouse moves and stance developed from a range of self-defence disciplines including karate, kickboxing, tai-chi and tae kwondo, into a "take-no prisoners", adrenaline-pumping routine. It is an empowering athletic workout that will have you "fighting fit" in record time! No martial arts experience required.

Body Pump – Is a non-impact resistance training class. Body Pump will tone and condition your body, can help you lose weight and ultimately change your body shape, all in record time! What are you waiting for???

Boot Camp – This conditioning class uses military moves to tone and burn fat. Test your fitness levels to the max. Not for the faint hearted, you have been warned!

Boxercise – Using boxing techniques for a high energy cardio workout. No boxing experience needed.

Circuits – A multi-station fitness class suitable for all levels and abilities. Strength and endurance rolled into one and lots of fun.

Circuits & Ride – A multi station fitness class incorporating time on the bikes to energise you ready for the weekend. Suitable for all fitness levels.

Circuits (Kids) – A mix of games and exercises specifically aimed at under 16's. Physical activity in a fun environment.

LBT – Legs, Bums and Tums – Return of the classic! An aerobics class that focuses on those all important areas. Suitable for all fitness levels.

Pilates – A fee-paying course that will help to improve posture, strength and tone muscles and highlight postural imbalance. A 6 week course is £18 for members and £30 for non-members.

Post Natal – A specific circuit for new mums, to help you work towards getting your shape back and improve posture. Baby is welcome too! New mums must have had their six week check up before starting.

Running Club – Meet at Reception to go out running with likeminded people around Tonbridge and learn some new running techniques.

Spinning® – Is a simulated bike ride using flats and climbs. The rider is in control of their own resistance and speed so the class welcomes people of all fitness levels.

Stretch – A 15 minute class to help ease away aches and pains. Stretching can lower the risk of injury. Please warm up before the class.

Tai Chi – Ancient healing style exercises for mind and body, using soft martial arts form. Working the flow of energy from the inside out. Cleanses and re-energises, as well as toning and improving muscle strength.

Yoga – A Hatha yoga class with influences from Iyengar. Yoga will help to release tension, increase body awareness and bring about a feeling of wellbeing.

STUDIO GUIDELINES

- Classes must be booked via telephone or at the club reception desk. Members can book up to **6 days** in advance and non-members up to **2 days** in advance.
- On arrival please check in at the reception desk to receive a token for the class.
- Please arrive on time for classes. If you arrive late for your class you may be refused entry.
- Notify the instructor of any recent illness, injury or medical conditions that could be affected by exercise.
- Please wear the appropriate clothing and footwear for each class such as sports and fitness wear.
- Drink plenty of water before, during and after the class. A water fountain is provided for your use.
- From time to time a cover instructor will be required to stand in for a regular instructor. This is often at short notice so please give them a chance. You may enjoy it!

The studio timetable will be updated regularly. If you have any comments please direct them to the Studio Co-ordinator, in person or via a customer comment form.



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STUDIO TIMETABLE 2009

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	6.00am +	9.00am +	10.00am +	11.00am +	1.00pm +	1.15pm +	5.00pm +	6.00pm +	7.00pm +	8.00pm +
MONDAY										
STUDIO 1	6.45 - 7.30AM EXPRESS CIRCUITS <i>Fitness</i>	9.30 - 10.30AM BODY PUMP <i>Nicky</i>	10.45 - 11.45AM POST NATAL <i>Lucy</i>					6.00 - 7.00PM BODY COMBAT <i>Paula</i>	7.00 - 8.00PM BOOT CAMP <i>Fitness</i>	8.00 - 9.00PM BODY BALANCE <i>Nicky</i>
STUDIO 2					1.00 - 1.15PM BODY BALANCE <i>Technique - Lucy</i>	1.15 - 2.00PM BODY BALANCE <i>Lucy</i>		6.30 - 7.15PM SPINNING <i>Fitness</i>		
TUESDAY										
STUDIO 1		9.30 - 10.30AM YOGA <i>Veronica</i>			1.00 - 1.45PM BODY COMBAT <i>Lucy</i>	1.45 - 2.15PM <i>Introduction to</i> BODY COMBAT <i>Lucy</i>		6.00 - 7.00PM CIRCUITS <i>Fitness</i>	7.00 - 8.00PM TAI CHI <i>Lynda</i>	
STUDIO 2		9.15 - 10.00AM SPINNING <i>Fitness</i>					5.30 - 6.15PM PILATES <i>Beginners* - Vicki</i>	6.15 - 7.15PM PILATES <i>Intermediates* - Vicki</i>	7.15 - 8.00PM SPINNING <i>Fitness</i>	
WEDNESDAY										
STUDIO 1	6.45 - 7.30AM EXPRESS CIRCUITS <i>Fitness</i>				1.00 - 1.45PM CIRCUITS <i>Fitness</i>			6.00 - 7.00PM BOXERCISE <i>Lee</i>	7.00 - 8.00PM BODY PUMP <i>Tina</i>	8.15 - 9.15PM BODY BALANCE <i>Lucy</i>
STUDIO 2		9.15 - 10.00AM SPINNING <i>Fitness</i>	10.00 - 10.15AM STRETCH <i>Fitness</i>				6.00 - 6.15PM AB ATTACK <i>Fitness</i>	6.15 - 7.00PM SPINNING <i>Fitness</i>	7.45 - 8.15PM <i>Introduction to</i> BODY BALANCE <i>Lucy</i>	
THURSDAY										
STUDIO 1					1.00 - 1.30PM <i>Introduction to</i> BODY PUMP <i>Nicky</i>	1.30 - 2.15PM BODY PUMP <i>Nicky</i>		6.00 - 7.00PM CIRCUITS <i>Oli</i>	7.00 - 8.00PM BODY COMBAT <i>Lucy</i>	
STUDIO 2		9.30 - 10.30AM YOGA <i>Veronica</i>			1.00 - 2.00PM YOGA <i>Veronica</i>			6.00 - 6.45PM BODY BALANCE <i>Nicky</i>	7.00 - 7.15PM AB ATTACK <i>Fitness</i>	7.20 - 7.50PM SPINNING <i>Fitness</i>
FRIDAY										
STUDIO 1	6.45 - 7.30AM CIRCUITS & RIDE <i>Fitness</i>	9.30 - 10.30AM BODY COMBAT <i>Paula</i>					5.30 - 6.15PM BODY BALANCE <i>Lucy</i>			
STUDIO 2										
SATURDAY										
STUDIO 1		9.00 - 10.00AM LBT <i>Sally</i>	10.00 - 11.00AM BODY COMBAT <i>Sally</i>							
STUDIO 2		9.00 - 9.45AM SPINNING <i>Fitness</i>								
SUNDAY										
STUDIO 1		9.00 - 10.00AM BODY PUMP <i>Nicky/Sally</i>	10.00 - 10.45AM BODY BALANCE <i>Nicky/Lucy</i>							

Running Club
Tuesday 6.00 - 7.00pm
meet at reception

Kids Circuits
Thursday 4.30 - 5.30pm
Studio 1

* Fee paying course - Please book at Reception