

## CLASS DESCRIPTIONS

**Ab Blitz** – A 15 minute class on the gym floor, 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 feldenkraus 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.

**Boxercise (Teen)** – Using boxing techniques for a high energy cardio workout. No boxing experience needed. For ages 9-14. Physical activity in a fun environment. £4 for members and £5 for non-members

**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.

**Fitball** – Using the popular fitballs for a fun core workout. Come and learn new exercises to add to your workouts and have fun!!!

**Gymkids** – Classes to develop co-ordination and balance skills and also improve mobility and stability using specifically designed childrens gym equipment including bikes, treadmills, rowers and air walkers. For ages 2+. A 6 week course is £24 for members and £30 for non-members.

**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.

**Street Dance** – Hip Hop & RnB dance class using new routines every week. £5 per class.

**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 which will help to release tension, increase body awareness and bring about a feeling of wellbeing.

**Zumba®** – Uses an exotic mix of salsa, merengue, cumbia and samba moves to Latin and international beats. Zumba® will leave you feeling invigorated and full of life. Ditch the workout... Join the Zumba® party!

## 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.



2-12 Avebury Avenue, Tonbridge, Kent TN9 1TF  
telephone 01732 773512  
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## STUDIO TIMETABLE 2010

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	6.00am +	9.00am +	10.00am +	11.00am +	1.00pm +	1.15pm +	5.00pm +	6.00pm +	7.00pm +	7.30pm +		
<b>MONDAY</b>												
<b>STUDIO 1</b>	6.45 - 7.30AM <b>EXPRESS CIRCUITS</b> Fitness	9.30 - 10.30AM <b>BODY PUMP</b> Lucy	10.45 - 11.45AM <b>POST NATAL</b> Lucy					6.00 - 7.00PM <b>BOXERCISE</b> Lee	7.00 - 7.30PM <b>FITBALL</b> Lee	7.30 - 8.30PM <b>BOOT CAMP</b> Fitness		
<b>STUDIO 2</b>					1.00 - 1.15PM <b>BODY BALANCE</b> Technique - Lucy	1.15 - 2.00PM <b>BODY BALANCE</b> Lucy		6.30 - 7.15PM <b>SPINNING</b> Lucy				
<b>TUESDAY</b>												
<b>STUDIO 1</b>		9.30 - 10.30AM <b>YOGA</b> Veronica		12.30 - 1.00PM Introduction to <b>BODY COMBAT</b> Lucy	1.00 - 1.45PM <b>BODY COMBAT</b> Lucy			6.00 - 7.00PM <b>ZUMBA®</b> Antonia	7.00 - 8.00PM <b>TAI CHI</b> Lynda	8.00 - 9.00PM <b>BODY COMBAT</b> Lynda		
<b>STUDIO 2</b>		9.15 - 10.00AM <b>SPINNING</b> Fitness					5.30 - 6.15PM <b>PILATES</b> Beginners - Vicki	6.15 - 7.15PM <b>PILATES</b> Intermediates - Vicki	7.15 - 8.00PM <b>SPINNING</b> Fitness			
<b>WEDNESDAY</b>												
<b>STUDIO 1</b>	6.45 - 7.30AM <b>EXPRESS CIRCUITS</b> Fitness				1.00 - 1.45PM <b>CIRCUITS</b> Fitness			6.00 - 7.00PM <b>BOXERCISE</b> Lee	7.00 - 8.00PM <b>BODY PUMP</b> Tina	8.15 - 9.15PM <b>BODY BALANCE</b> Lucy		
<b>STUDIO 2</b>		9.15 - 10.00AM <b>SPINNING</b> Fitness	10.00 - 10.15AM <b>STRETCH</b> Fitness					6.15 - 7.00PM <b>SPINNING</b> Julie	7.45 - 8.15PM Introduction to <b>BODY BALANCE</b> Lucy			
<b>THURSDAY</b>												
<b>STUDIO 1</b>					1.00 - 2.00PM <b>BODY PUMP</b> Wendy			6.00 - 7.00PM <b>CIRCUITS</b> Fitness	7.00 - 8.00PM <b>BODY COMBAT</b> Lucy	8.00 - 9.00PM <b>STREET DANCE</b> Nick		
<b>STUDIO 2</b>		9.30 - 10.30AM <b>YOGA</b> Veronica						6.00 - 7.00PM <b>YOGA</b> Angela		7.30 - 8.15PM <b>SPINNING</b> Fitness		
<b>FRIDAY</b>												
<b>STUDIO 1</b>	6.45 - 7.30AM <b>CIRCUITS &amp; RIDE</b> Fitness	9.30 - 10.30AM <b>BODY COMBAT</b> Paula					5.30 - 6.15PM <b>BODY BALANCE</b> Lucy					
<b>STUDIO 2</b>					1.00 - 1.30PM <b>FITBALL</b> Fitness							
<b>SATURDAY</b>					<b>Gymkids</b> Tuesday 10.30 - 11.30am 2-4 year olds Wednesday 4 - 5pm, 5 - 6pm Friday 4 - 5pm 5+ year olds  <b>Ab Classes</b> Monday & Friday 6 - 6.15pm Wednesday 5.45 - 6pm Tuesday & Thursday 7 - 7.15pm On the gym floor  <b>Teen Boxercise</b> Thursday 4.30 - 5.30pm Ages 9-14			<b>Running Club</b> Tuesday 6.00 - 7.00pm Meet at reception				
<b>STUDIO 1</b>		9.00 - 10.00AM <b>LBT</b> Sally	10.00 - 11.00AM <b>BODY COMBAT</b> Sally									
<b>STUDIO 2</b>		9.00 - 9.45AM <b>SPINNING</b> Fitness										
<b>SUNDAY</b>												
<b>STUDIO 1</b>		9.00 - 10.00AM <b>BODY PUMP</b> Sally/Lucy	10.00 - 10.45AM <b>BODY BALANCE</b> Lucy/Kay									
<b>STUDIO 2</b>			10.00 - 10.45AM <b>SPINNING</b> Fitness									