

# WINTER CLASS TIMETABLE

Day	Time	Instructor	Class
Monday (a.m.)	9.15-10.15	Louise	Body Blast
	10.30-11.30	Kelly	Fitness Pilates
Monday (p.m.)	6.00-7.00	Sue	Pilates
	7.00-8.00	Kelly	BLT
Tuesday (a.m.)	9.15-10.15	Kelly	Cardio Barre
	10.30-11.30	Alison	Aerobics for the young at heart
Tuesday(p.m.)	6.30-7.30	Kelly	Kick Aerobics
Wednesday(a.m.)	9.45-10.45	Jackie	Pilates (body control)Intermediate
	11.00-12.00	Jackie	Pilates (body control)Intermediate
	12.15-1.15	Jackie	Pilates (remedial class)
Wednesday(p.m.)	1.30-2.30	Jackie	Beginners Pilates
	4.00-5.00	Sheron	Yoga for children
	6.00-7.00	Kelly	Fitness Pilates
	7.00-8.00	Kelly	Body Fusion
Thursday (a.m)	9.30-10.30	Kelly	Fit Ball
Thursday (p.m)	6.30-7.30	Kelly	Fit Ball
	7.30-8.30	Louise	Circuits
Friday (a.m.)	9.30-10.30	Kelly	Kick Aerobics
Friday (p.m.)	6.00-7.00	Helen	Stomp and Step

**TO BOOK, RING RECEPTION 01747 835180**  
**Or contact [www.fitnessbydesign.ltd.uk](http://www.fitnessbydesign.ltd.uk)**

Class	Cost to Members	Cost to Non-Members
Pilates	£9.00 (or£45.00 block of 6 classes)	£9.00 (or £45.00 block of 6 classes)
All Other Classes Incl. Fitness Pilates	£3.00	£5.00

**SAVE MONEY!**  
**CLASS MEMBERSHIP AVAILABLE PLEASE SEE RECEPTION FOR DETAILS.**  
(class membership does not include Body Control pilates)

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## Class Description

### **Body Blast**

BLAST your body into shape! This class takes muscular conditioning to the next level. A motivating free weight workout using dumbbells and barbells with adjusting weights, to enhance overall body definition and increase muscle strength and tone. (Designed for all abilities)

### **Aerobics for the young at heart**

Low impact aerobics and toning. Fun and effective for the over 50's

### **BLT**

Bums, Legs and Tums. Just what it says! Targeting all those problem areas. (Designed for all abilities)

### **Kick Aerobics**

Dynamic punch/kick combinations and traditional choreography combined to create a motivating workout leaving each contender fighting fit. (Designed for all abilities)

### **Circuits**

A dynamic class which alternates aerobic stations. Aimed at improving cardiovascular fitness and muscle tone. Suitable for all levels.

### **Body Fusion**

A cardiovascular and toning workout of simple but effective aerobics combined with muscle strengthening exercises for a total body challenge. (Designed for all abilities)

### **Stomp and Step**

Dynamic step class with fantastic step choreography to challenge the whole body.  
Fat burning and enhance fitness.

### **Fit ball**

A low impact core stability class totally based on the fit ball.  
Design to help tone and sculpt all areas of the body, also helping balance and co ordination.

### **Fitness Pilates**

A body conditioning workout based on Pilates mat work. Tone and strengthen the core muscles, legs and upper body. Stretch and lengthen the whole body and improve posture.

### **Cardio Barre**

Zero impact, full workout based on ballet moves. Fast paced repetitions to raise your heart rate and tone muscle. No dancing involved! (Designed for all abilities).