

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Cycle (S1) 9.30-10.15	Body Pump (S1) 9.30-10.15	HIIT Core (Gym) 7.00-7.30	Body Pump (S1) 9.15-10.00	Group Cycle Circuits (S1) 7.00-7.45	Group Cycle (S1) 8.30-9.15	Body Pump (S1) 9.15-10.00
Kinesis Circuits (Gym) 10.30-11.00	HIIT (Gym) 10.00-10.30	Zumba (S1) 9.30-10.15	HIIT (Gym) 10.00-10.30	Pilates (S1) 9.30-10.30	Yoga (S1) 9.30-10.30	Kinesis Circuits (Gym) 10.00-10.30
Body Combat (S1) 10.30-11.15	Body Balance (S1) 10.30-11.15	Kinesis Circuits (Gym) 10.30-11.00	Group Cycle (S1) 10.10-10.55	Kinesis Circuits (Gym) 10.30-11.00	HIIT (Gym) 10.00-10.30	Body Balance (S1) 10.05-10.50
Yoga (S1) 11.30-12.30	Group Cycle (S1) 11.30-12.15	Pilates (S1) 10.30-11.30	Body Balance (S1) 11.05-11.50	Body Combat (S1) 10.30-11.15	Body Combat (S1) 10.30-11.15	
				Body Pump (S1) 11.20-12.05		
Body Balance (S1) 17.30-18.15	Body Pump (S1) 18.00-18.45	Body Combat (S1) 18.00-18.45	Group Cycle (S1) 18.00-18.45	Barre Pilates (S1) 17.30-18.15	<p>Book online at: www.chesfielddownsgolf.co.uk</p>	
Body Pump (S1) 18.15-19.00	Kinesis Circuits (Gym) 19.00-19.30	Zumba (S1) 19.00-19.45	Body Combat (S1) 19.00-19.45			
Pilates (S1) 19.00-20.00	Group Cycle (S1) 19.00-19.45	Yoga (S1) 20.00-21.00	Stretch (Gym) 19.45-20.15			
HIIT Cardio (Gym) 19.15-19.45	Body Balance (S1) 20.00-20.45		Zumba (S1) 19.45-20.30			

Please note all classes are for all abilities to attend. Instructors will give alternatives and adaptations to exercises to suit all levels. Please inform your instructor if you are new to a class. Prior to classes commencing you must please check in at Reception. The Club reserves the right to substitute instructors and change class and times without prior notice, when and if the need arises.

CATEGORY	PROGRAM	DESCRIPTION	DURATION	INTENSITY	RESULTS
 STRENGTH & CARDIO	HIIT	A high intensity interval class that uses a mixture of bodyweight and functional kit exercises to target all major muscle groups and boost heart rate.		High intensity interval training	Burn body fat. Increase strength. Increase metabolic rate.
 STRENGTH FLEX CORE	PILATES	Focussing on posture, strengthening the central core and abdominal muscles, Pilates helps the mind and body to work in harmony to produce a mobile, healthy, toned and flexible body. Suitable for all ages and fitness levels.		Low to Moderate Intensity	Improve flexibility. Increase muscle strength and tone. Focus on core strength.
 STRENGTH FLEX CORE	BODY BALANCE	Relax your mind and stretch your body with a series of simple yoga moves in a class which also embraces elements of Tai Chi and Pilates.		Low to Moderate Intensity	Improve flexibility. Tone and shape. Enhance wellbeing.
 FLEX CORE	YOGA	Class focuses on strength, flexibility & breathing to boost physical & mental wellbeing. Includes yoga postures (a series of movements designed to increase strength and flexibility) and breathing.		Low to Moderate Intensity	Improve flexibility. Increase muscle strength and tone. Focus on core strength.
 STRENGTH	BODY PUMP	A weights class for absolutely everyone. Using light to moderate weights with lots of repetition (reps), Body Pump offers a total body workout that burns lots of calories.		Moderate to High Intensity	Build strength and endurance. Tone and shape. Maintains bone health.
 CARDIO	GROUP CYCLE	Burn calories and build cardiovascular strength in this fun and innovative class performed on specially designed bikes.		Moderate to High Intensity	Improve cardio fitness. Build muscle strength. Feel energised.
 CARDIO	BODY COMBAT	Fuel cardio fitness and feel empowered with this martial arts-inspired full body workout that fuels cardio fitness. It's totally non-contact and there are no complex moves to master.		High Intensity	Tone and shape. Increase strength and endurance. Build self-confidence.
 STRENGTH	KINESIS CIRCUITS	This full body workout targets strength training, using kinesis pods in a circuit.		Low Intensity	Improves upper and lower muscle strength. Flexibility and Mobility.
 CARDIO	ZUMBA	A fusion of hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be easy and enjoyable.		Low to Moderate Intensity	Improve coordination. Boost cardio fitness. Tone the body.
 CARDIO	FITSTEPS	Keep dancing with this energetic, upbeat dance fitness class featuring all of your favourite strictly dances. Achieve real, measurable fitness results.		Low to Moderate Intensity	Increase heart and lung fitness. Improve muscle tone and coordination. Boost energy levels.
 STRENGTH FLEX CORE	BARRE	Stretch and tone in perfect harmony to sculpt your ballet body. Barre mixes elements of Pilates, Dance and Yoga.		Low to Moderate Intensity	Tone, shape and condition. Target legs, glutes and core muscles.