

FINLAKE FITNESS STUDIO TIMETABLE FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPIN FLEX Will 06:45-07:30am	SPIN FLEX Lewis 07:00-07:45am	GROUP CYCLE Aaron 06:45-07:30am	HIIT Lewis 07:00-07:45am	FAT ATTACK Aaron 07:00-07:45am	HIIT Lewis 09:00-09:45am	SPIN FLEX Will 09:30-10:15am
NEW BODY PUMP James 09:15-10:00am	CIRCUITS Lewis 09:15-10:00am	NEW BODY COMBAT Jason 09:15-10:00am	SPIN FLEX Lewis 09:15-10:00am	GROUP CYCLE Aaron 09:15-10:00am	KIDS' FIT Lewis 10:00-10:45am	CORE CLASS Will 10:30-11:00am
AQUA FIT Serena 10:00-10:45am	NEW BODY COMBAT Abby 10:15-11:00am	AQUA ZUMBA Kelly 10:00-10:45am	PILATES Nikki 10:15-11:15am	ZUMBA Debbie 10:15am-11:00am		
CORE CLASS Will 10:30-11:00am		NEW BODY PUMP Madeline 10:15-11:00am				
PILATES Nikki 11:30am-12:30pm	NEW BODY BALANCE Madeline 11:15am-12:00	NEW BODY BALANCE Madeline 11:15am-12:00	ZUMBA Debbie 11:30am-12:15pm			
				AQUA HIIT Aaron 11:45am-12:30pm		
ZUMBA Debbie 17:00-17:45pm	YOGA Lauren 17:00-18:00pm	ZUMBA Debbie 17:00-17:45pm	KETTLECISE Will 17:00-17:45pm	STRENGTH & CONDITIONING Josh 17:00-18:00pm		
			SUSPENSION TRAINING Aaron 17:15-18:00pm			
BOX FIT Alma 18:00-18:45pm	NEW BODY PUMP James 18:00-18:45pm	NEW BODY PUMP Nicky 18:00-18:45pm	NEW BODY PUMP James 18:00-18:45pm	NEW BODY COMBAT Abby 18:00-18:45pm		
		RIG MET CON Will 18:15-19:00pm	AQUA HIIT Aaron 18:30-19:15pm			
XTREME FIT Josh 19:00-20:00pm	PILATES Emma 19:15-20:15 pm	NEW BODY BALANCE Nicky 19:00-19:45pm	YOGA Clare 19:00-20:00pm	GROUP CYCLE Lewis 19:00-19:45pm		
AQUA HIIT Aaron 19:15-20:00pm	AQUA FIT Serena 19:15-20:00pm		YOGA NIDRA Clare 20:00-20:30pm			

DANCE

KIDS/TEEN FIT

CARDIO

BODY & SOUL

STRENGTH & CONDITIONING

All classes can be pre-booked up to 6 days in advance and are on a first come, first served basis. £7 per class or FREE to members.

Book online www.finlakefitness.co.uk or call **01626 563 250**. Timetable may be subject to change.

AQUA FIT

High energy and fun fitness class in which you perform a range of aerobic moves in the pool – the ultimate water workout to get all the benefits of a hard workout without the impact on your joints.

BOXERCISE

A safe, effective and fun form of exercise suitable for all levels of ability, Boxercise is an exercise class based on the training concepts boxers use to keep fit.

CIRCUIT TRAINING

A mixture of cardio and weight stations to achieve total body conditioning and improve fitness.

XTREME FITNESS

High intensity cross-fit based exercises.

FAT ATTACK

Total-body, interval-training workout combining cardio & strength exercises to target the major muscle groups, build lean muscle, burn maximum calories, blast body fat and boost metabolism.

GROUP CYCLE

Classes focus on endurance, strength, intervals, high intensity and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.

BODYPUMP™ **NEW**

This is the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.

BODYCOMBAT **NEW**

Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master.

KIDS' FIT

A class to tear your little tearaways away from all their devices! Using a variety of equipment and training methods, this class will allow children between 7-15yrs the chance to have some fun whilst exercising and learning the basics about nutrition and why exercise is so important.

LEGS, BUMS AND TUMS

A toning-based exercise class aimed at the core down. We always work as a group, but one week could be circuits, the next you're all in it together being motivated by chart songs!

BEGINNERS PILATES

The Pilates exercise method is famous for developing strength, flexibility and coordination whilst working towards a flatter, leaner physique. This class is perfect for those who are new to Pilates.

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BODYBALANCE **NEW**

During BODYBALANCE an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

RIG-FIT

A form of resistance training that includes bodyweight exercises in which a variety of multi-planar, compound exercise movements can be performed. These are done with the aim of developing strength, balance, flexibility, and joint stability simultaneously.

RIG MET CON

Metabolic conditioning is a fast-paced, high intensity class utilising free weights and cardio to achieve all over conditioning.

SUSPENSION TRAINING

Suspension training develops physical strength while using functional movements and dynamic positions.

SPIN FLEX

Combines Spinning and weights in a great one hour combo class. The first 30 minutes will be on the bike for a traditional Spin, then you'll jump off, head to the weight room, and finish the second half of class in a weight workshop. You'll get the benefit of a cardio and weight workout all in one.

STRENGTH & CONDITIONING

A challenging free-weight workout for your entire body, increasing strength and improving your definition. The class is a mix of cardio and resistance exercise which combine bodyweight and free-weight exercises.

YOGA

A flowing practice, helping to massage and strengthen joints and improve mobility, including warm up stretches, sun salutations, classic postures and lovely nourishing relaxation.

ZUMBA

A Latin inspired dance fitness class, with varied music styles and techniques from Merengue to Reggaeton, it aims to suit everyone who likes to move. It doesn't matter if you go one way and we go the other, you just have to enjoy the music!