

FINLAKE FITNESS STUDIO TIMETABLE AUGUST 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GROUP CYCLE Aaron H 07:00-07:45am	HIIT Lewis T 07:00-07:45am	BODY COMBAT Abby 09:15-10:00am	GROUP CYCLE Lewis T 07:00-07:45am	GROUP CYCLE Aron H 07:00-07:45am
BODY COMBAT Abby 09:15-10:00am	GROUP CYCLE Lewis T 09:15-10:00am	BODY PUMP Madeline 10:15-11:00am	BODY PUMP James 09:15-10:00am	BODY COMBAT Abby 09:15-10:00am
BODY PUMP Abby 10:15-11:00am	BODY COMBAT Abby 10:15-11:00am	GROUP CYCLE Karyn 11:15-12:00am	GROUP CYCLE Lewis T 10:15-11:00am	BODY PUMP Abby 10:15-11:00am
GROUP CYCLE Aaron H 11:15-12:00am	BODY BALANCE Madeline 11:15am-12:00	AQUA ZUMBA Kelly 11:15-12:00pm	YOGA Clare 11:15-12:15am	GROUP CYCLE Aron H 11:15-12:00am
PILATES Nikki 12:15am-13:00pm	GROUP CYCLE Karyn 17:00-17:45pm	KETTLECISE Greg 17:00-17:45pm	GROUP CYCLE Karyn 18:00-18:45pm	ZUMBA Debbie 12:15-13:00am
AQUA HIIT Aaron H 12:30-13:15pm	PILATES Emma 19:00-20:00 pm	GROUP CYCLE Greg 18:00-18:45pm	AQUA FIT Serena 19:15-20:00pm	AQUA HIIT Aaron H 12:30-13:15pm
BODY COMBAT Abby 18:00-18:45pm	AQUA FIT Serena 19:15-20:00pm	BOX FIT Greg 19:00-19:45pm	YOGA Clare 19:00-20:00pm	STRENGTH & CONDITIONING Josh 17:00-17:45pm
XTREME FIT Josh 19:00-20:00pm			YOGA NIDRA Clare 20:00-20:30pm	BODY PUMP Abby 19:00-19:45pm

COMING
SEPTEMBER

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.

XTREME FITNESS

High intensity cross-fit based exercises.

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™

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

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.

PILATES

The Pilates exercise method is famous for developing strength, flexibility and coordination whilst working towards a flatter, leaner physique.

BODYBALANCE

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.

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!

