

FINLAKE FITNESS STUDIO OFF-PEAK TIMETABLE 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP CYCLE Aaron H 07:00-07:45	HIIT Lewis T 07:00-07:45	LES MILLS BODYCOMBAT™ Abby 09:15-10:00	GROUP CYCLE Lewis T 07:00-07:45	GROUP CYCLE Aaron H 07:00-07:45	HIIT Lewis T 08:00-08:45	HIIT Will 08:00-08:45
LES MILLS BODYCOMBAT™ Abby 09:15-10:00	GROUP CYCLE Lewis T 09:15-10:00	LES MILLS BODYPUMP™ Madeline 10:15-11:00	LES MILLS BODYPUMP™ James 09:15-10:00	LES MILLS BODYCOMBAT™ Abby 09:15-10:00		
LES MILLS BODYPUMP™ Abby 10:15-11:00	LES MILLS BODYCOMBAT™ Abby 10:15-11:00	GROUP CYCLE Karyn 11:15-12:00	SPIN FLEX Lewis T 10:15-11:00	LES MILLS BODYPUMP™ Abby 10:15-11:00		
GROUP CYCLE Aaron H 11:15-12:00	LES MILLS BODYBALANCE™ Madeline 11:15-12:00	AQUA ZUMBA Kelly 11:15-12:00	YOGA Clare 11:15-12:15	GROUP CYCLE Aaron H 11:15-12:00		
AQUA HIIT Will 12:30-13:15	GROUP CYCLE Karyn 17:00-17:45	GENTLE PILATES Donna 11:15-12:15	GROUP CYCLE Karyn 18:00-18:45	ZUMBA Debbie 12:15-13:00		
LES MILLS BODYCOMBAT™ Abby 18:00-18:45	PILATES Emma 19:00-20:00	KETTLERCISE Greg 17:00-17:45	AQUA FIT Aaron H 19:15-20:00	AQUA HIIT Aaron H 12:30-13:15		
XTREME FITNESS Josh 19:00-20:00	AQUA FIT Will 19:15-20:00	GROUP CYCLE Greg 18:00-18:45	YOGA Clare 19:00-20:00	STRENGTH & CONDITIONING Josh 17:00-17:45		
		BOXFIT Greg 19:00-19:45	YOGA NIDRA Clare 20:00-20:30	LES MILLS BODYPUMP™ Abby 19:00-19:45		
				AQUA FIT Emma 19:15-20:00		

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.
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.

AQUA HIIT

A non-stop water based workout that guarantees to get your heart pumping and burn calories. With a combination of bursts of intense exercise and varying rest periods, this class is a fun way to train your whole body.

AQUA ZUMBA

Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout.

LES MILLS BODYBALANCE™

A yoga-based class that will improve your mind, your body and your life. During LES MILLS BODYBALANCE™, an inspiring soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centred.

LES MILLS BODYCOMBAT™

A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories in a class. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door! No experience needed.

LES MILLS BODYPUMP™

The original barbells class, LES MILLS BODYPUMP™ is the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, LES MILLS BODYPUMP™ gives you a total body workout, burning up to 400 calories. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

BOXFIT

A cardio workout based on the training used for boxing, so it includes skipping and boxing drills including footwork and ab exercises – all focusing on fitness and toning.

GENTLE PILATES

Focuses on stretching and strengthening the back, waist, shoulders, hips and legs with an all over body workout. It's gentle enough to be suitable for everyone - maybe you're suffering from lower back pain, sciatica, achy shoulders or other conditions, and this workout could help.

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.

HIIT

High-intensity interval training (HIIT) is a form of interval training: a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

KETTLERCISE

A body transformation and toning class using lightweight kettlebells. It is a combination of up to 37 exercises that last one minute each. The minute-long exercises alternate between upper and lower body to ensure you work every muscle group.

PILATES

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

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.

XTREME FITNESS

High intensity cross-fit based 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.

YOGA NIDRA

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!