



ELEVATION HEALTH CLUB

CLASS TIMETABLE

MONDAY

DAY	
8:00am - 8:45am	PILATES Lantern Room
8:15am - 8:45am	HIIT Vikki - Studio 1
9:00am - 9:45am	STUDIO STRENGTH Alex - Studio 1
9:00am - 9:45am	INDOOR CYCLE Vikki - Studio 2
9:00am - 10:00pm	HATHA FLOW Zannah - Lantern Room
9:00am - 9:45am	AQUA AEROBICS Jacqueline - Pool
10:00am - 10:45am	HI/LO AEROBICS Vikki - Studio 1
11:00am - 12:00pm	HATHA FLOW Zannah - Lantern Room
12:05pm - 12:35pm	YOGA NIDRA Zannah - Lantern Room
12:30pm - 1:00pm	TOTAL BODY BLAST Abi - Mezzanine
12:45pm - 1:30pm	PILATES Zannah - Lantern Room
1:00pm - 1:30pm	HIIT Vikki - Studio 1
2:15pm - 3:00pm	LBT Vikki - Studio 1
3:05pm - 3:50pm	YOGALATES Vikki - Studio 2
EVENING	
5:30pm - 6:15pm	INTRO TO PI/YO Jo - Lantern Room
6:00pm - 6:45pm	CARDI-TONE Joe - Mezzanine
6:00pm - 6:45pm	INDOOR CYCLE Josh - Studio 2
6:30pm - 7:15pm	MUSCLE BLITZ Jo - Studio 1
7:00pm - 7:45pm	INDOOR CYCLE Josh - Studio 2

TUESDAY

DAY	
8:15am - 8:45am	SPIN EXPRESS Joanna - Studio 2
9:00am - 9:50am	HATHA FLOW Joanna - Lantern Room
9:00am - 9:45am	ZUMBA Louise K - Studio 1
9:15am - 10:00am	BOOTCAMP Abby - Mezzanine
10:00am - 10:30am	REBOUNDING Vikki - Studio 1
10:00am - 11:15am	HATHA FLOW Naz - Lantern Room
10:45am - 11:30am	WEIGHT TRAINING Vikki - Mezzanine
11:30am - 12:30pm	PILATES Zannah - Lantern Room
12:45pm - 1:45pm	TAI CHI Glen - Lantern Room
2:00pm - 2:45pm	PILATES Lantern Room
EVENING	
5:30pm - 6:15pm	WEIGHT TRAINING Izzy - Mezzanine
6:00pm - 6:30pm	INTRO TO SPIN Alex - Studio 2
6:15pm - 7:00pm	CORE Mezzanine
6:30pm - 7:15pm	WEIGHT TRAINING Izzy - Mezzanine
7:00pm - 7:45pm	INTRO TO PI/YO Jo - Lantern Room
7:15pm - 8:00pm	AQUA AEROBICS Jaqueline - Pool
7:15pm - 7:45pm	STRETCH Victoria - Studio 1

WEDNESDAY

DAY	
7:00am - 7:30am	WEIGHT TRAINING Abi - Mezzanine
8:30am - 9:00am	HIIT Vikki - Studio 1
9:00am - 9:45am	WEIGHT TRAINING Izzy - Mezzanine
9:30am - 10:30am	PILATES Zannah - Lantern Room
10:00am - 10:45am	INDOOR CYCLE Vikki - Studio 2
10:00am - 10:45am	CORE Alex - Mezzanine
10:30am - 11:15am	FULL BODY SCULPT Vikki - Studio 1
11:00am - 12:00pm	CARDIO TENNIS Michael - Tennis
11:15am - 12:15pm	TAI CHI Glen - Lantern Room
11:30am - 12:00pm	INDOOR CYCLE Vikki - Studio 2
11:30am - 12:00pm	HIIT Abby - Studio 1
12:15pm - 1:00pm	YOGALATES Vikki - Studio 2
1:00pm - 1:30pm	TOTAL BODY BLAST Joe - Mezzanine
2:30pm - 3:15pm	60+ CIRCUITS Mezzanine
EVENING	
5:00pm - 5:50pm	PILATES FLOW Lantern Room
5:30pm - 6:00pm	HIIT/TABATA Alex - Studio 1
5:30pm - 6:20pm	HATHA FLOW Vanessa - Lantern Rm
6:00pm - 6:45pm	WOW Abby - Mezzanine
6:00pm - 6:45pm	STEP AEROBICS Studio 1
6:30pm - 7:30pm	PILATES Joanna - Lantern Room
6:30pm - 7:15pm	INDOOR CYCLE Josh - Studio 2
7:30pm - 8:15pm	METABOLIC CONDITIONING Josh - Mezzanine

THURSDAY

DAY	
7:15am - 7:45am	THE MORNING CREW Joe - Mezzanine
8:00am - 8:45am	PILATES Zannah - Lantern Room
8:30am - 9:00am	CORE CONDITIONING Claire - Studio 1
9:00am - 9:45am	AQUA AEROBICS Jacqueline - Pool
9:15am - 9:45am	REBOUNDING Vikki - Studio 1
9:15am - 10:00am	WEIGHT TRAINING Izzy - Mega Rack
9:15am - 10:05am	PILATES Joanna - Lantern Room
10:00am - 10:30am	CORE & STABILITY Vikki - Mezzanine
10:15am - 11:15am	HATHA FLOW Joanna - Lantern Room
10:35am - 11:20am	INDOOR CYCLE Vikki - Studio 2
11:30am - 12:30pm	PILATES Joanna - Lantern Room
1:00pm - 1:30pm	TOTAL BODY BLAST Joe - Mezzanine
EVENING	
5:45pm - 6:30pm	INDOOR CYCLE Studio 2
6:00pm - 6:45pm	BODY BLAST Su - Studio 1
6:00pm - 6:45pm	HATHA FLOW Naz - Lantern Room
6:30pm - 7:00pm	HIIT Abi - Mezzanine
7:00pm - 7:45pm	INTRO TO PI/YO Su - Lantern Room

FRIDAY

DAY	
9:00am - 9:45am	AQUA AEROBICS Jacqueline - Pool
9:00am - 10:00am	PILATES Lucy G - Lantern Room
9:15am - 10:00am	INDOOR CYCLE Jo - Studio 2
9:30am - 10:00am	HIIT Mezzanine
10:05am - 11:05am	PILATES Zannah - Lantern Room
10:15am - 11:00am	MUSCLE BLITZ Jo - Studio 1
11:15am - 12:00pm	HI/LO AEROBICS Vikki - Studio 1
11:15am - 12:30pm	HATHA FLOW Zannah - Lantern Room
11:30am - 12:30pm	CARDIO TENNIS Michael - Tennis
12:00pm - 12:30pm	SPIN EXPRESS Joanna - Studio 2
12:05pm - 12:35pm	STRETCH & MOBILITY Vikki - Studio 1
1:00pm - 1:45pm	60+ CIRCUITS Joe - Mezzanine
EVENING	
5:45pm - 6:30pm	INDOOR CYCLE Abby - Studio 2
6:00pm - 6:45pm	CARDI-TONE Joe - Mezzanine
7:00pm - 7:30pm	STRETCH Joe - Mezzanine

SATURDAY

DAY	
9:30am - 10:15am	CIRCUITS Vikki - Mezzanine
9:30am - 10:15am	TOTAL BODY BLITZ Victoria - Studio 1
10:30am - 11:15pm	STRETCH & FLOW Victoria - Studio 1

SUNDAY

DAY	
9:00am - 9:45am	BOOTCAMP Abby - Court/Mezz
9:30am - 10:15am	INDOOR CYCLE Josh - Studio 2
10:30am - 11:15am	BOXERCISE Josh - Court/Mezz
11:30am - 12:15pm	STRETCH Victoria - Studio 1
EVENING	
5:30pm - 6:30pm	HATHA FLOW Joanna - Lantern Room



CARDIO



TONING



WATER BASED




WELLBEING



DANCE BASED





CYCLING

 **AQUA AEROBICS**



A complete body workout using the water resistance to enhance your strength.

 **INDOOR CYCLE**



This class is designed to enhance your cycling endurance, whether you looking to gain strength in your cycling or training for an event, this class is perfect.

  **REBOUNding**



Rebounding is a zero impact exercise style that, put simply, is bouncing on a mini trampoline. Unlike regular trampolining, the aim isn't to bounce high and perform gymnastic tricks but to perform a series of small, controlled movements to the beat of the music.

  **HI/LO AEROBICS**


A choreographed aerobics class using old school moves. A hi/lo impact class that is fun, energetic and will be sure to get your body moving.

  **DANCE FIT**


Dance Fit classes combine exercise and dance. This is an aerobic workout that includes different tracks with varying levels of intensity.

  **ZUMBA**

Zumba classes are full-blown cardio workouts where you'll work up a sweat dancing to catchy music.

 **HIIT**


High intensity interval training is technique in which you give 100% effort through quick intense bursts of exercise followed by short, sometimes active rest periods. This type of training gets and keeps your heart rate up and is efficient in burning calories.

 **CARDIO TENNIS**

This is a fun, sociable group fitness class that is open to people of all tennis abilities. You will get to work on your tennis technique while playing high intensity game which get you moving and working hard.

 **STEP AEROBICS**



Step aerobics is an aerobic exercise performed on an elevated platform by stepping onto and off of it while performing upper body movements.

  **THE MORNING CREW**



A half an hour full body workout with a varied training method each week.

  **WOW**

Work out of the week, combining weight training, body weight and some cardio aspects to get a full body workout.

  **METABOLIC CONDITIONING**



Combining strength, technique and cardio conditioning. Working on both anaerobic and aerobic exercises.

  **BOOTCAMP**



This class is a mixture of body weight exercises and exercises using equipment, such as medicine balls, battle ropes, kettlebells, dumbbells etc. working with interval and strength training this class will have you working hard.

  **BODY BLAST**



This high energy class gives a great cardio workout whilst challenging your Core with upper body using free weights.

  **MUSCLE BLITZ**



A body conditioning class using our rebook studio barbells and weights focusing on low weight and high repetition to burn fat and gain strength.

  **BOXERCISE**



Work on your boxing technique and cardio fitness. You will be paired with a partner switching out using the pads and using the gloves.

  **STUDIO STRENGTH**


A resistance training class, using barbells, dumbbells and body weight exercises to tone and strengthen the entire body.

  **TOTAL BODY BLAST**


A half an hour full body workout with a varied training method each week.

  **CARDI-TONE**


This class consists of two parts, the first being cardio, using a mixture of equipment such as bikes, rowers and body weight circuit exercises. The second half consists lower intensity toning exercises using weights and or body weight to tone the muscles.

 **FULL BODY SCULPT**


A fusion of cardio and full body conditioning using only your body weight. .

 **LBT**


Strengthen and tone all the major muscle in your legs, glutes and core, using a mixture of body weight and optional weighted exercises.

 **WEIGHT TRAINING**


Using a mix of dumbbells, barbells and kettle bells you will get a full body session, all abilities welcome.

 **CORE CONDITIONING**

In this low-impact strength training class, you'll get stronger, improve your posture, and keep your joints healthy.

 **LADIES WHO LIFT**


Ladies Who Lift is designed for women who want to learn how to properly lift weights, reach fitness goals, and boost their gym confidence.

 **60+ CIRCUITS**


A mix of fun, intense cardio and resistance exercises designed to help shred fat and tone muscle.

 **STRETCH & FLOW**


A combination of Tai Chi movements with strength and flexibility work.

 **HATHA FLOW**


The physical postures of yoga are used to reduce stress and help the spine feel supple. Feel relaxed and mobile after this class.

 **PILATES**

This is a conditioning class that helps activate the essential muscles around your core. This class puts emphasis on pelvic and spinal alignment, breathing to relive stress and aids in flexibility, coordination and balance.

 **EQUIPMENT PILATES**

This class aims to incorporate traditional Pilates exercises using different equipment's such as fit balls, bands and Pilates rings.

 **TAI CHI**

Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion



	 CARDIO	 TONING	 WATER BASED	 WELLBEING	 DANCE BASED	 CYCLING
Classes per week	33	29	4	28	9	14