





















CLASS TIMETABLE













MONDAY

DAY	
6:45am - 7:15am	 INDOOR CYCLE Lucy - Studio 2
9:00am - 9:45am	 STUDIO STRENGTH Natalie - Studio 1
9:00am - 9:40am	 INDOOR CYCLE Vikki - Studio 2
9:00am - 9:45am	 AQUA AEROBICS Jaqueline - Pool
10:00am - 10:45am	 HI/LO AEROBICS Vikki - Studio 1
10:30am - 11:00am	 CARDIO TENNIS Natalie - Tennis Court
11:00am - 12:00pm	 HATHA FLOW Lorna - Studio 1
1:00pm - 1:30pm	 FULL BODY BLAST Jay - Mezzanine
EVENING	
6:00pm - 6:45pm	 CARDI-TONE Joe - Mezzanine
6:30pm - 7:15pm	 MUSCLE BLITZ Jo - Studio 1
7:00pm - 7:45pm	 INDOOR CYCLE Josh - Studio 2
7:30pm - 8:15pm	 AEROBITONE Lucy - Studio 1















TUESDAY

DAY	
9:30am - 10:15am	 OUTDOOR BOOTCAMP Jay - Tennis/Mezz
10:15am - 11:30am	 HATHA FLOW Naz - Studio 1
11:40am - 12:40pm	 PILATES Zannah - Studio 1
12:50pm - 1:50pm	 TAI CHI Glen - Studio 1
EVENING	
5:20pm - 6:05pm	 WEIGHT TRAINING Emily - Mezzanine
6:00pm - 7:00pm	 VINYASA Jess - Studio 1
6:15pm - 7:00pm	 WEIGHT TRAINING Emily - Mezzanine
7:15pm - 8:00pm	 AQUA AEROBICS Lucy - Pool










WEDNESDAY

DAY	
7:15am - 7:45am	 DUMBBELLS Emily - Mezzanine
9:30am - 10:30am	 PILATES Zannah - Studio 1
10:15am - 11:00am	 WEIGHT TRAINING Jay - Mezzanine
10:15am - 11:15am	 CARDIO TENNIS Michael - Tennis
10:30am - 11:15am	 FULL BODY SCULPT Vikki - Studio 1
11:30am - 12:00pm	 INDOOR CYCLE Vikki - Studio 2
12:15pm - 1:00pm	 YOGALATES Vikki - Studio 2
1:00pm - 1:30pm	 FULL BODY BLAST Mezzanine
EVENING	
6:00pm - 6:45pm	 WOW Joe - Mezzanine
6:30pm - 7:30pm	 EQUIPMENT PILATES Lucy G - Studio 1
6:30pm - 7:15pm	 INDOOR CYCLE Josh - Studio 2
7:30pm - 8:15pm	 METABOLIC CONDITIONING Josh - Mezzanine




THURSDAY

DAY	
7:30am - 8:00am	 THE MORNING CREW Joe - Mezzanine
9:00am - 9:45am	 AQUA AEROBICS Jaqueline - Pool
9:15am - 10:00am	 WEIGHT TRAINING Emily - Mega Rack
9:25am - 9:55am	 REBOUNDED Vikki - Studio 1
10:00am - 11:00am	 HATHA FLOW Joanna - Studio 1
10:00am - 10:30am	 CORE AND STABILITY Nemanja - Mezzanine
10:45am - 11:30am	 INDOOR CYCLE Vikki - Studio 2
11:30am - 12:30pm	 PILATES Lucy G - Studio 1
1:00pm - 1:30pm	 FULL BODY BLAST Joe - Mezzanine
EVENING	
5:45pm - 6:30pm	 INDOOR CYCLE Louise - Studio 2
6:00pm - 6:30pm	 HIIT Jay - Mezzanine
6:00pm - 6:45pm	 BODY BLAST Victoria - Studio 1
6:30pm - 7:30pm	 CARDIO TENNIS Natalie - Tennis
6:50pm - 7:20pm	 STRETCH Victoria - Studio 1





FRIDAY

DAY	
9:00am - 9:45am	 INDOOR CYCLE Jo - Studio 2
9:00am - 9:45am	 AQUA AEROBICS Jaqueline - Pool
9:30am - 10:00am	 HIIT Louise - Mezzanine
10:00am - 10:45am	 MUSCLE BLITZ Jo - Studio 1
11:00am - 12:15pm	 HATHA FLOW Zannah - Studio 1
11:30am - 12:30pm	 CARDIO TENNIS Michael - Tennis
EVENING	
6:00pm - 6:45pm	 CARDI-TONE Joe - Mezzanine
6:00pm - 7:00pm	 PILATES Lucy G - Studio 1
6:50pm - 7:20pm	 STRETCH Joe - Mezzanine


SATURDAY

DAY	
9:30am - 10:30am	 PILATES Lucy G - Studio 1
9:30am - 10:15am	 INDOOR CYCLE Louise - Studio 2
10:45am - 11:30am	 TOTAL BODY BLITZ Victoria C - Studio 1


SUNDAY

DAY	
9:30am - 10:15am	 BOOTCAMP Emily - Court/Mezz
9:30am - 10:15am	 INDOOR CYCLE Josh - Studio 2
10:30am - 11:15am	 BOXERCISE Josh - Court/Mezz
11:30am - 12:30pm	 STRETCH Nemanja - Studio 1



 TONING	 WELLBEING
 CARDIO	 WATER BASED
 CYCLING	 DANCE BASED

 **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.

 **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.

  **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.


NEW

  **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 and 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.

  **WEIGHT TRAINING**



Using a mix of Dumbbells, barbells and Kettlebells you will get a full body session, all abilities welcome.

  **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.


  **AEROBITONE**

A mixture of aerobic and toning exercises giving you a full body workout.


NEW

  **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 BLAST**


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

 **MEGA RACK**


This class will be utilising all features on the mega rack, such as squat racks, deadlift platforms and landmine including free weight exercises. you will work with low weights but high intensity to achieve a total body workout in a circuit format.

 **FULL BODY SCULPT**


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

 **KETTLEBELLS**


A full body conditioning class using our range of kettlebells, you will combine cardiovascular, strength and flexibility training to burn calories and gain strength and muscle mass.

 **CORE STABILITY**


This challenging class looks to tone and condition your major muscles of the torso, especially your abdominals and lower back muscles.

 **LBT**


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

 **CORE & STABILITY**

This challenging class looks to tone and condition your major muscles of the torso, especially your abdominals and lower back muscles.

 **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 relieve 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

 **VINYASA**

Dynamic and playful vinyasa yoga, based on themes to take you on a journey to explore a particular area of the body or series of postures. Connect between mind, body and breath. After a strong flow to bring heat and energy into the body, you will wind down and end with a few moments in relaxation to leave you feeling grounded, energised and refreshed.



	 CARDIO	 TONING	 WATER BASED	 WELLBEING	 DANCE BASED	 CYCLING
Classes per week	23	24	4	16	2	10

ELEVATIONRECEPTION@OLDTHORNS.COM | 01428 738 535