

TARGET HEALTH AND FITNESS

STUDIO CLASS TIMETABLE

<u>Monday</u>	9.30-10.30am BODY CONDITIONING Instructor: Fiona		6.00-6.45pm AEROTONE Instructor: Marc	6.45-7.30pm STEP & KICK Instructor: Kate	7.30-8.45pm HATHA YOGA Instructor: Janet
<u>Tuesday</u>	9.30-11.00am ROSEMARY CONLEY DIET & FITNESS CLUB * Instructor: Karen Porter	11.30-12.30pm PACE Instructor: Amanda	4.15-5.15pm TEEN TRAINING Instructor: Marc	6.15-7.15pm BOXERCISE Instructor: Mel	
<u>Wednesday</u>	9.30-10.30am STRETCH & TONE Instructor: Marc			6.30-7.30pm LADIES TRAINING Instructor: Alex	7.45-8.45pm CORE & MORE Instructor: Mel
<u>Thursday</u>	9.30-10.30am PRIME TIME Instructor: Claire	10.30-12.00pm HATHA YOGA Instructor: Janet	4.15-5.15pm TEEN TRAINING Instructor: Mel	5.30-7.00pm ROSEMARY CONLEY DIET & FITNESS CLUB * Instructor: Karen Porter	7.00-8.30pm ROSEMARY CONLEY DIET & FITNESS CLUB * Instructor: Karen Porter
<u>Friday</u>	9.30-10.30am CIRCUIT TRAINING Instructor: James			5.30 – 6.30pm CIRCUIT TRAINING Instructor: Mel	7.30-8.30pm PILATES PLUS Instructor: Nigel
<u>Saturday</u>	9.30-10.30am AEROBLAST Instructor: Kate	11.30-12.30pm PILATES Instructor: Nigel			
<u>Sunday</u>	9.15-10.15am BOOT CAMP Instructor: Marc	11.00-12.30pm BOOKED OUT FOR PRIVATE CLASS			

STUDIO CLASS VOUCHERS

Studio class vouchers are available for both members and non-members at a cost of £10 and £20 respectively, when you purchase a book you automatically get a 20% saving on normal class prices. Please enquire at reception for further details.

Please note:

As numbers in classes are strictly limited, members are reminded that they must reserve a place at the reception desk. Classes cost £1 each for members and £5 each for non-members; this is non-refundable and non-transferable for non-attendance. Payment must be made at the time of booking. Telephone reservations can only be made when paying with vouchers.

Non-members are permitted to use the changing room facilities during their visit but are prohibited from using the sauna, steam room and gymnasium equipment as these facilities are provided for the exclusive use of members only.

N.B. * These classes are payable direct to the class instructors.

Aeroblast

Kick-start your weekend with a high energy aerobic workout designed to strengthen, tone and guaranteed to burn calories. Class will also include step aerobics. Not for the faint hearted!

Aerotone

Low impact aerobics class with the option to work at a higher intensity if desired! Toning exercises for muscular strength and endurance with and without the use of weights. All levels of fitness welcome.

Body Conditioning

Start the week with a structured total body workout. Using a combination of floor/step aerobics and body conditioning exercises to help tighten up and flatten those problem areas!

Boot Camp

A circuit training class that works on muscular endurance, cardiovascular fitness and toning those vital areas. What better way to kick-start your Sunday All levels of fitness are welcome.

Boxercise

A fast and furious circuit based class for both men and women using genuine boxing techniques. All levels of fitness are welcome.

Boxright

A circuit based class using boxing techniques designed for men and women, increase fitness levels, muscle strength and build stamina. Aimed at all levels of fitness.

Circuit Training

A class designed for both men and women using a variety of exercise stations enabling you to enhance your speed, stamina and strength to get the most out of your workout. All levels of fitness are welcome.

Hatha Yoga

Hatha Yoga is an ancient tradition of helping you stay healthy with gentle stretches, controlled breathing and relaxation. This class is aimed at all levels of fitness.

Ladies Training

Sorry guys one for the Ladies! Basic but energetic floor/step, aerobic exercise. Mixed with resistance exercises to strengthen and tone. Relieve the midweek stress!

PACE

(Posture Alignment & Cardiovascular Exercise)

Raise your pulse rate, strengthen and tone with low impact aerobic exercise. Followed by core stability training, Pilates and flexibility exercise to encourage a better posture and a brighter you!

Core & More:

A class for both men and women which incorporates the principles of Pilates based exercises, also using resistance bands and stability balls to work the deep core muscles. All levels of fitness are welcome.

Pilates Plus:

Pilates incorporates the principles of flexibility, strength and breathing and focuses on the individuals core stability, it is highly recommended for those with injuries and back problems, and also good for those who desire a flat tummy, small equipment will also be used.

Prime Time

A fun and relaxed class for all ages. Improve your flexibility, co-ordination and stamina with low impact aerobic moves plus toning and core stability exercises.

Step & Kick

A high energy class guaranteed to increase your heart rate incorporating step aerobics and cardio kick moves. A fantastic way to boost your energy at the start of the week. All levels of fitness welcome, although some knowledge of 'step technique' is required.

Stretch & Tone

A stretch class which improves core stability, increases mobility, strengthens joints and surrounding muscles. All levels of fitness are welcome.

Teen Training

A class designed to get teenagers fit and healthy. Incorporating a variety of exercises suitable for growing bodies. For ages 11-15yrs

Opening Hours

Monday – Friday 6.30am – 9.30pm

Saturday & Sunday 9am – 5pm

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It's about you!

Studio Class Timetable

November 2009

Tel: 01484-681000