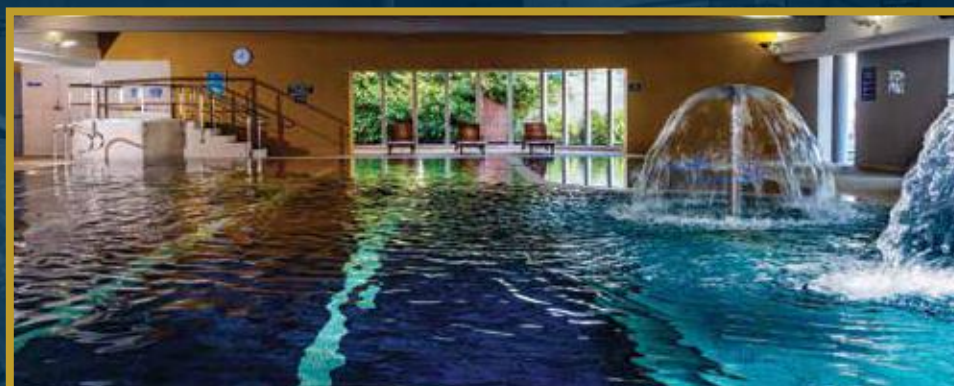


# Leisure Club Classes Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.30am - 8.15am		Body Resistance		Met Con		
10am - 10.45			Aqua		Aqua	
10.15am			HIIT			
10.30am	Boxercise	Barbell/KB circuit		Functional Training	Boxercise	Spin
1.15 - 1.45	Spin	Core		Core		
5pm - 6pm					Strength	
6.30pm	Spin	Functional	Spin	HITT		

beginner friendly
  Intermediate
  advanced fitness levels





MIDLANDS PARK HOTEL  
Health & Fitness Club



# Your Classes



## **Boxercise**

Warmups and movements based around boxing with some pad work and conditioning.

## **Spin**

Cycling based training mimicking hill climbs and sprints.

## **HIIT**

High Intensity Interval Training is training in a high heart rate zone while mixing in cardio equipment and resistance training.

## **Core**

Core classes focus on strengthening the core with will help with back injury and performance for gym-based sessions.

## **Strength**

For those that want to improve their overall strength and weak areas in the Squat, Bench and Deadlift.

## **Barbell / KB Circuit**

All round class that focuses on the uses of barbells and Kettlebells in a circuit style fashion. Great for those that want to hit every muscle group and learn some new techniques.

## **Functional Training**

For those that might struggle with everyday chores this class will help with the basic movements and strengthen the areas needed for everyday use.

## **Body Resistance**

This class is based around the use of just your own body weight with no equipment. Great for the beginner that wants to get active and control movements before moving onto resistance training.

## **Met Con**

Metabolic Conditioning is maintaining and working while fatigued, based around the spin bike, assault bike and rower with added jumps and body weight exercises. Aim is to improve lactate threshold and aerobic and anaerobic conditioning.

## **Aqua**

Aerobic based movements in the pool. Great for rehabilitation, and active recovery from a hard training week.