

class descriptions...

Workout to group fitness!

Boot Camp (Adults / Juniors) - Offering variety with a fun but motivating focus, this class is a must-try. It uses a variety of equipment from free-weights to adjustable barbells to step platforms, running between cones, skipping or working with medicine balls. Super circuit will leave you breathless and wanting more! Suitable for all levels.

Triple Decker - A mix of 3 different workouts, combined into one class. For example: 15 minutes of spinning, 15 minutes of body sculpting, and 15 minutes of stretching.

Junior Combat - A mixed martial arts style aerobics class. The combinations of blocks, kicks and strikes from a variety of martial arts disciplines with energetic music.

SAS Power - A high energy, total body workout using a step box and spinning bikes. Class is circuit based and is suitable for all levels.

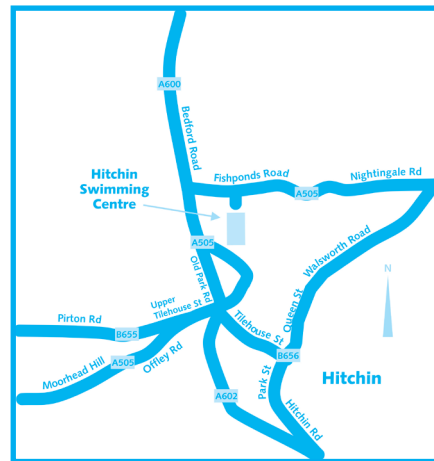
Box Fit - Join us for a explosive, stress busting total body workout. A mixture of punching, skipping and circuits.

Spinning (Adults / Juniors) - This is an indoor cycling class, which can be performed by all fitness levels. You will have the ride of your life.

Legs, Bums & Tums - This class is designed for sculpting and toning the hard to reach areas of the body.

Aquacise - A fun and lively water aerobic workout, this class is great for all levels of fitness. Minimum of 3 customers required for class to take place.

Stretch and Flex - A gentle balance class that involves many disciplines like Yoga and Pilates. It will progress and improve your flexibility.




fitness @ hitchin
enjoy your health

Working in partnership



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fitness@hitchin workout classes

Day	Time	Class
Monday	07.00 - 07.30	Spin Class
	10.00 - 10.45	Triple Decker
	19.00 - 20.00	Box Fit
	20.00 - 20.30	Spin Class
Tuesday	07.00 - 07.30	Ab Attack
	16.30 - 17.00	Junior Spin
	18.00 - 18.45	Legs, Bums and Tums
	19.00 - 19.45	Boot Camp
Wednesday	10.00 - 10.30	Spin Class
	18.00 - 18.45	Triple Decker
	19.15 - 19.45	Spin Class
	20.10 - 20.30	Ab Attack
	20.15 - 21.15	Aquacise (Ladies only)
Thursday	07.00 - 07.30	Spin Class
	10.00 - 11.00	Aquacise (50+)
	11.00 - 12.00	Aquacise (50+)
	18.15 - 18.45	Spin Class
	18.50 - 19.10	Ab Attack
	19.00 - 20.00	Aquacise
	19.15 - 19.45	SAS Power

Day	Time	Class
Friday	10.00 - 10.30	Ab Attack
	12.15 - 13.00	Triple Decker
	16.30 - 17.00	Junior Boot Camp
Saturday	10.00 - 10.30	Stretch 'N' Flex
Sunday	13.00 - 13.30	Junior Combat

NB. Timetable is subject to change. For further information please check with Reception.

Classes are correct at time of printing but may be subject to change. Please check with the centre before attending.

PLEASE NOTE

All classes can be booked 48 hours in advance. You will only gain entry by registering at the beginning of the class at main reception and by handing in a ticket to your instructor.

Non-members are required to pay upon booking.

PLEASE ARRIVE ON TIME.

