

Group Fitness Timetable

From 23rd JAN 2012

	MON	TUE	WED	THUR	FRI	SAT	SUN
6:10am	<i>Sunrise Surprise</i>		<i>Energize & Tone</i>		<i>Meditation every 3rd week Starts 17th Feb</i>		
8:00am						<i>Outdoor Adventure</i>	8:30am <i>Cycle</i>
9:20am	<i>Body Pump Libby</i>	<i>Running Group</i> ----- <i>Cycle</i>	<i>Tummy, Hips & Thighs</i>	<i>Boxing</i>	<i>Cycle</i>	<i>Boxing</i> <i>DIRECTOR'S Cut!</i>	9:30am <i>Body Pump</i> coming soon!
10:30am	<i>Chi Ball</i>	10:45am <i>Pilates</i>		<i>Yoga</i>	<i>CHI Ball</i>	<i>Zumba</i>	<i>Yoga</i>
11:30am						<i>Pilates</i>	
5:30pm	5:45pm <i>Body Pump</i>			<i>Cycle</i>			
6:30pm	<i>Cycle</i>	<i>Zumba</i>	6:00pm <i>Pump</i>	NIA DANCE			
7:30pm	<i>Pilates</i>	<i>Body Balance</i>					

CLUB HOURS

Mon-Thurs 6am-9pm
Friday 6am-8pm
Saturday 8am-3pm
Sunday 8am- 2:30pm

Hampton Ladies Health Club

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CLASS DESCRIPTIONS

Classes are designed to accommodate the beginner through to the advanced. Please inform the instructor before the class if it's your first time in the class or if you have any injuries, medical conditions, asthma or are pregnant. Each class is 1 hour duration; enjoy your workout and don't forget your sweat towel and drink bottle.

Les Mills Body Pump	This barbell program strengthens all your major muscles in an inspiring, motivating group environment. With simple athletic movements such as squats, lunges, presses and curls. For women of all ages and fitness levels regardless of experience or coordination level.	ChiBall™	ChiBall™ is a unique journey into well-being, balance and vitality. Using a small plastic aromatherapy ball, this class incorporates movements from Tai Chi, Pilates and Yoga.
NIA DANCE	A low impact cardio workout combining martial arts, dance and healing arts for mind, body and spirit	PILATES POWER PILATES	A fantastic floor work class incorporating the Pilates exercise method. Focuses on core abdominal stabilisation techniques, toning and stretching. A rejuvenating, fast-paced Pilates workout with a focus on restoring wellbeing, improving core strength and all-over toning.
TUMMY, HIPS & THIGHS	Anything goes in this hour long class! Hi/lo aerobics, hang weights, fitballs, skipping and medicine balls will be combines to give you an intense workout without the boredom of a treadmill!	YOGA	Improve your flexibility and stamina whilst relaxing the mind with Hatha yoga. A great way to unwind after a hard day.
		SUNRISE SURPRISE	A circuit based class. Can include cycle, sometimes outdoors, always fun, always challenging – A great class to start you off for the week.
ENERGISE &TONE	This fun filled action packed class is designed to get the heart pumping and the body moving! Targets all areas of the body using a wide variety of cardiovascular and weight exercises.	ZUMBA®	Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.
RUNNING GROUP	An outdoor cardio session for all levels of fitness including a stretch and cool down. This class will also prepare you for participating in Fun Walk/Runs.	MEDITATION	Use movement, stillness, breath, visualization and sound to help calm, heal and balance body, mind and spirit. With simple yet powerful meditation, relaxation and breathing techniques.
OUTDOOR ADVENTURE	Enjoy the fresh air and the group environment in a class full of challenging cardio and strength training exercises.	CENTERGY	Grow longer & stronger as you explore this journey of yoga and Pilates movements. Centergy will enable you to centre your energy, reduce stress and even smile! For women of all ages and is a very effective program for the new exerciser or the experienced athlete.
BOXING	A boxing style workout combining impact and cardio training. 45 mins	CYCLE	40 – 45 mins resistance cycling to music. Gives a full aerobic workout while toning the lower muscle groups. Great for fat burning.

In an effort to keep the group fitness timetable fresh and vibrant we may occasionally cancel/change times or introduce new classes according to customer demands and industry trends.