

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Begin To Spin 17:55 – 18:25	Full Body Fit 18:20 – 18:55	Stability Ball 18:20 – 18:50	Spin 18:00 – 18:30	Fitness Pilates 17:30 – 17:55	HIIT 09:15 – 9:45	NEW Weighted Workout 09:25-09:55
LBT 18:30 – 19:00	Extreme Spin 19:00 – 19:40	HIIT 19:00 – 19:30	Full Body Fit 18:35 – 19:15	HIIT 18:00 – 18:30	Strong Core 09:45 – 10:00	Spin Fusion 10:00 – 10:45
Circuits 19:05 – 19:45	Box Fit 19:45 – 20:30	Fitness Pilates 19:30 – 20:15	Box Circuit 19:15 – 20:00		Circuits 10:00 – 10:45	
Fitness Yoga 19:45 – 20.30						

All Levels

Intermediate

Intermediate - Advanced

Class booking's available 7 days in advance on the number below;



Nuffield Health at Bromfords Sports Centre



01268 571039



Begin To Spin

An Introduction to Spin for those members that always wanted to try this class.

Spin Fusion

A mixture of cycling to music & working off the bike with weights, body weight, and more

Box Circuit

Hard Hitting class to burn calories and raise your heart rate, by combining pad work with traditional exercises.

Box Fit

A simple mixture of boxing and bootcamp to get a guaranteed sweat on.

Circuits

Fast paced workouts. That focuses on your cardio fitness and toning all in one class.

HIIT

Not for the faint hearted! Using high intensity periods of work with short recovery, a real sweat out!

Extreme Spin

Not for the faint hearted, this class is guaranteed to leave you in a puddle of sweat.

Fitness Pilates

This class aims to tone, improve posture and utilise those key core muscles.

Fitness Yoga

An all-round great class, designed to improve your flexibility, strength, balance and general fitness.

Full Body Fit

A complete body workout. Exercises vary weekly and may include ball work.

Stability Ball

This Class works Legs, Bums & Strengthens key core muscles, using untraditional methods.

Legs, Bums & Tums

Target those tricky areas with this class specifically aimed at the parts you love to hate.

Met Con

Utilising circuits, complexes and very specific timed groups of exercises, this may consist of bodyweight moves and/or equipment from kettle bells to slam balls.

Strong Core

Does exactly what it says on the tin, this class will leave you feeling those important Core muscles.