

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
06.45 07.15	Express Class	06.45 07.15	Spin	06.45 07.15	Express Class	06.45 07.15	Spin	06.45 07.15	Express Class	08.15 09.00	Body Blast	09.15 10.15	Weekend Workout
09.15 10.00	LBT	07.30 08.15	Spin	09.15 10.00	GBC	07.30 08.15	Spin	08.30 09.30	Pilates (Advanced)	09.15 10.15	Yoga	11.00 12.00	Zumba Gold
10.30 11.30	Pilates (Intermediate)	09.15 10.00	Body Blast	10.30 11.30	Pilates (Intermediate)	09.15 10.00	Cardio Blast	09.45 10.30	Attack	09.15 10.00	Aqua Aerobics	13.00 14.00	Kids Swim
11.00 11.40	Aqua Aerobics	10.15 11.15	Yoga	13.00 13.45	Stretch & Relax	10.30 11.15	Pump Out	14.00 14.45	Stretch & Relax	10.30 11.15	Aqua Aerobics	14.00 15.00	Kids Swim
11.45 12.45	Pilates (Beginners)	18.15 19.00	HIIT	14.00 14.40	Aqua Aerobics	13.00 13.45	Aqua Zumba	18.00 19.00	Power Circuits	13.00 14.00	Kids Swim		
14.00 14.40	Aqua Aerobics	19.15 20.15	Power Circuits	18.00 18.20	Express Class	18.15 19.00	Tabata			14.00 15.00	Kids Swim		
18.00 18.20	Express Class			18.30 19.00	Spin	19.30 20.30	Pilates (Mixed)						
18.30 19.15	Spin			19.15 20.00	Zumba								
19.30 20.30	Boxercise			20.15 21.15	Yoga								

KEY

DANCE

HIGH INTENSITY

AQUA

MIND & BODY

STRENGTHEN & CARDIO

Classes can be booked up to a week in advance. To secure your place, please call **01895 831113**

Our Classes / Descriptions

Aerobic

Aqua - A class suitable for all levels. A low impact water-based class to improve fitness and muscle tone.

Body Blast - A high energy class with powerful cardio and muscle toning moves designed to fire up your metabolism, burn fat and sculpt your body. No difficult choreography, just simple moves to great music.

Fitsteps - The best known and most popular Latin and Ballroom dances combined with proven fitness techniques to give you fast fitness results.

Cardio Blast - Set to music using hand-held weights, to achieve an intense cardiovascular workout. Participation is possible for all age / fitness levels allowing you to adjust weight intensity as you get fitter.

Express Class - a short high intensity class to gain maximum results in the minimum amount of time! Note the duration for this class is 15-20mins in total and the class type varies from session to session. For further details on each individual session, please refer to the group exercise info board at reception.

Weekend Workouts - Please see notice board in reception for current weekend workout.

Zumba - The ultimate dance-fitness workout that will groove your body into shape.

Strength and Toning

Attack - A workout to tone, strengthen and re-shape your body, combining hand weights, body bars and steps.

Boxercise - A fun safe stress burning workout suitable for all levels of ability. A fast way to burn calories and to improve muscle tone.

Circuits - High intensity fat burning class.

G.B.C - A balanced weighted circuit class mixed with body weight interval exercises using the principles of time under tension and varying exercise tempo in order to help achieve lean and athletic results.

Pump Out - Using a total body approach, this resistance class will utilise all of the muscles in the body and tone your physique from tip to toe.

Tabata - The Tabata protocol is a high intensity training regime that produces remarkable results. A tabata workout is an interval training cycle of twenty seconds of maximum intensity exercise, followed by ten seconds of rest, repeated without pause eight times for a total of four minutes.

HIIT - is a 30/45 min non stop high intensity interval training class, using sports specific moves such as jumping and sprinting to get you fitter, faster and stronger.

Functional

Pilates - Pilates helps develop strength, flexibility endurance and posture without building bulk or stressing your joints.

Stretch & Relax - A gentle thirty minute all over body stretch for all abilities to relax you ready for the weekend.

Functional Zone - The functional zone is an extension of the gym floor enabling you to maximise your workout with some of the latest training innovations and equipment.

Mind and Body

Free Style Fitness Yoga - Freestyle fitness yoga is a fitness program that incorporates deep stretch and yoga postures. Anyone taking part in FFY can expect to improve their flexibility greatly in 8 weeks.

Spin Studio

Spinning - Outdoor cycling with the comforts of inside! A full cardio workout for all fitness levels using stationary cycles.



**Denham
Garden Village**