

CLASS DESCRIPTIONS

Body Tone

Great all over general body conditioning & toning which consists of slow methodical work on all major muscle groups, mainly technique.

Core Stability

The internal intricate muscles that pull everything towards the centre line, usually includes the swiss/stability ball.

Boxercise

This session will develop aerobic and anaerobic components as well as muscular endurance and abdominal/core strength through fun boxing fighting movements, boxing bags and focus pads.

Abs

Abdominal work on upper and lower Ab's & obliques. An all over tummy workout!!!

Yoga

Due to the wide and varied nature of postures and techniques, yoga can be practiced by almost everyone regardless of age, form very young, to women during pregnancy to older people alike. There is a form of Yoga to suit everyone with different sets of exercises prescribed for different people accordingly.

Pilates

A strength and flexibility based exercise discipline, to include a combination of muscle toning and strength exercises with a strong emphasis on flexibility and relaxation. Class will concentrate on relaxing and conditioning mind and body whilst building strong abs, good posture with stretching and strengthening the spine and muscles.

Stretch

Slow methodical instruction on various assisted & unassisted methods of stretching all the muscle groups.

CV Circuits

Cardio vascular circuits. Body conditioning involving fast movement & rotation around work stations.

Pro Box

'train like a pro without the blows' this is a high energy boxing class. You will work with hand weights, medicine balls, gloves, bags and pads. Aimed at male and female, so expect to have fun and receive a great cardio workout utilising a range of boxing skills.

20-20-20

This class provides a combination of high/low aerobics, step and body conditioning. The choreography is varied with aerobic moves and all over body toning exercises. A fun and exciting workout to improve overall fitness.



Atlantic Suites

HEALTH CLUB & SPA

Class Schedule May 2012

CLASS NOTICE

Please be aware that participant numbers for classes are calculated to ensure that you are working out in a fun, SAFE environment.

Classes can be booked at reception a maximum of 15 minutes before the class start time. They can only be booked in person and for yourself. These rules are in place from majority member feed back.

Please do NOT enter either studio before you are booked into a class, you cannot reserve a spin bike by putting your towel over a bike.

Please respect the club facilities, other members and health and safety regulations by abiding by these rules.

Any members trying to participate in classes that they are not booked into may result in your membership being revoked.

The classes currently being held have been put on for our existing members.

Suggestions and comments for future classes are always appreciated.

