

## INDUCTION

**GYM INDUCTION** gives you a strong foundation and is a great way to start your fitness journey. Your first visit to a gym can be a daunting experience, so our staff are on hand to show you around the gym and explain how to use the variety of equipment. Highly recommended.

## CARDIO

**BODY ATTACK** A sports-inspired cardio workout for building strength and stamina. This is a fun, high-energy interval training class combining athletic aerobic movements with strength and stabilization exercises.

**DANCE FIT** A fitness class that merges dance and fitness principals in an all over body workout.

**ZUMBA** Zumba is a dance-based fitness class that uses a fusion of Latin and International rhythms with easy-to-follow moves. It includes both cardio and resistance training components designed to tone and sculpt the entire body.

**BODY COMBAT** Embrace your inner fighter during a body combat class, you will punch, kick and kata your way through calories to a leaner, healthier, fitter body.

**CORE ATTACK** Join our Gym Team for an intense 30 minute workout focusing on the core area. The class will cover more than just the basic Abs. We'll target areas of the core you didn't even know existed.

**SPIN HIIT** Spin HIIT Great music is played in the class and the instructor talks you through a visualisation generally of an outdoor cycling workout. This type of training is very intense but HIIT (High Intensity Interval Training) is brilliant for reducing work out time while increasing fat burn.

**TABATA** This is high intensity style interval training workout without equipment, its a cardiovascular strategy alternating short periods of intense anaerobic exercise with short recovery periods, it's designed to touch fat and get you fitter faster.

**VIBE** An indoor vibe cycle class designed around the beat of fast paced music and is designed to be motivational and a lot of fun.

## MIND AND BODY

**PILATES** Pilates is a system of physical conditioning involving low-impact exercises and stretches designed to strengthen muscles of the torso and often performed with specialised equipment.

**YOGA** Join our highly qualified instructors for different styles of Yoga ranging from Hatha Vinyasa to Dynamic. Beginners and improvers welcome.

## TONING

**BODY PUMP** Focusing on low weight loads and high repetitions, you'll burn fat and calories, gain strength and quickly produce lean body muscle conditioning.

## TOTAL BODY

**CIRCUITS** This class is the ultimate 30 minute workout focusing on a wide variety of exercises, changing every class to keep your interest levels high and including challenges to add competition into the mix.

**BOXFIT** Boxercise is an exercise class based on the training concepts boxers use to keep fit. Classes can take a variety of formats but a typical one may involve shadow-boxing, skipping, hitting pads, kicking punchbags, press-ups, shuttle-runs and sit-ups.

**BOOTCAMP** The boot camp workout consists of cardiovascular conditioning (running or walking, plyometrics), strength training (weights, stability balls, resistance bands, medicine balls, Glides, kettle bells) and stretching. The coaches vary the exercises and format for every workout so no two boot camp sessions are the same.

**HELL'S BELLS** Strength training combining kettlebells, dumbbells and barbells in rotation and intervals that develops full body strength, power and endurance.

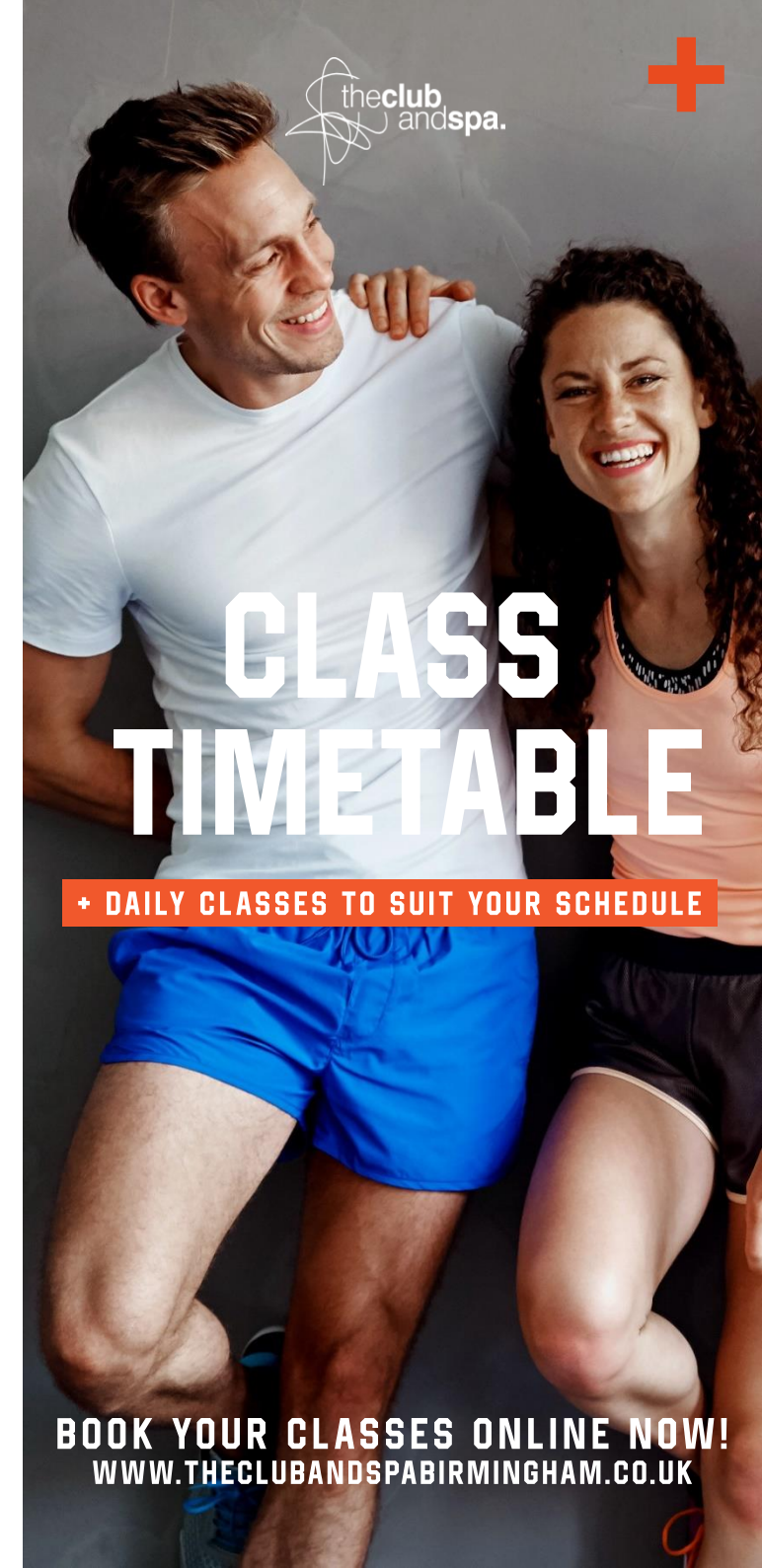
**HIIT & LIFT** Is a 30 min combination of short bursts of high intensity interval training using power and dynamic movements, which is followed by compound weight lifting which works the whole body and pushes you to your limits and burns fat.

**METCON** Is a 30 min combination of short bursts of high intensity interval training using power and dynamic movements, which is followed by compound weight lifting which works the whole body and pushes you to your limits and burns fat.

**LEGS BUMS & TUMS** Is a class to target your legs bums and tum with a combination of aerobic and conditioning movements which shapes and tones up your lower body and also burns calories.

**BODY CONDITIONING** Is a whole body workout that involves a high energy high impact workout involving a combination of aerobics and weights, focusing on strength, muscular endurance and fitness conditioning adaptable to many fitness levels.

theclub  
andspa.



# CLASS TIMETABLE

+ DAILY CLASSES TO SUIT YOUR SCHEDULE

BOOK YOUR CLASSES ONLINE NOW!  
[WWW.THECLUBANDSPABIRMINGHAM.CO.UK](http://WWW.THECLUBANDSPABIRMINGHAM.CO.UK)

## MONDAY

06:45am	Spin	Sam C
12:15pm	Yoga	Tassie
12:15pm	Metcon	Sam C
13:15pm	Spin	Sam C
17:30pm	Spin	Jura
17:30pm	Pilates	Nick
18:20pm	Spin	Rich
18:30pm	Body Attack	Fed
19:15pm	Body Pump	Fed
19:30pm	Yoga	Nick
20:15pm	Circuits	Fitness Team

## TUESDAY

06:45am	Bootcamp	Rich
12:15pm	Core Attack	Rich
13:15pm	Body Pump	Kate
17:30pm	Yoga	Tassie
17:30pm	Legs Bums and Tums	Neil
17:30pm	Spin	Fitness Team
18:15pm	Dance Glow	Rosa
18:15pm	Kettlebells	Neil
18:45pm	Spin	Angie
19:30pm	Body Pump	Angie

## WEDNESDAY

06:45am	Spin	Sam C
12:15pm	Spin	Sam C
13:15pm	Body Combat Express	Gina
13:15pm	Pilates	Nick
17:30pm	Body Pump	Breana
17:30pm	Spin	Fitness Team
18:05pm	Yoga	Tassie
18:15pm	Dance	Hannah
18:30pm	Spin	Rich
19:15pm	Body Combat	Gina
19:15pm	Core Attack	Rich
20:15pm	Bootcamp	Fitness Team

## THURSDAY

06:45am	Circuits	Fitness Team
12:15pm	Yoga	Tassie
12:15pm	Spin	Fitness Team
13:15pm	Kettlebells	Kyle
17:15pm	Yoga	Tassie
17:30pm	Body Combat	Panda
18:00pm	Spin	Fitness Team
18:15pm	Dance	Hannah
19:15pm	Ballet Pilates	Panda

## FRIDAY

06:45am	Bootcamp	Fitness Team
12:15am	Tabata	Fitness Team
13:15pm	Boxfit	Kyle
17:50pm	Body Pump	Fed
19:00pm	Body Attack	Louise

## SATURDAY

10:00am	Spin	Fitness Team
10:30am	Zumba	Taylor
11:30am	Yoga	Marianna

## SUNDAY

9:00am	Body Combat	Gina
10:00am	Body Pump	Gina
15:00pm	Pilates	Nick

# January 2020

Monday – Thursday 06:30am-22:00pm Friday  
 06:30am-21:00pm  
 Saturday – Sunday 08:00am-20:00pm