

SERVICES

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 for new starter's book at reception.

PERSONAL TRAINING you can expect tailored assessments and programmes to guide you. Access to more knowledge than Google and Stephen Fry combined. And plenty of professional expertise in weight management, strength training, rehabilitation, body composition, combat sports, movement health and functional training. **PICK A TRAINER AND BOOK IN DIERCT!**

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 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 Indoor cycling with great music! The instructor will talk you through a visualisation 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, 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-CYCLE 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 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.

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.

TOTAL BODY

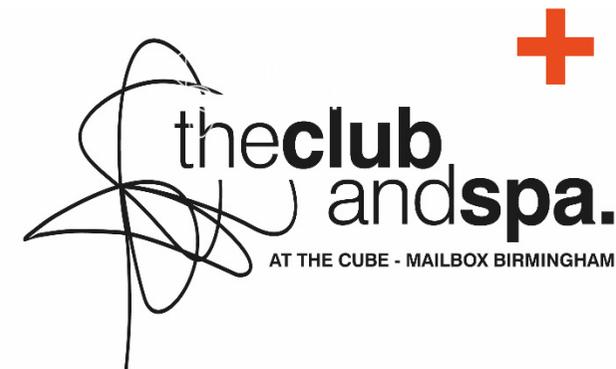
CIRCUITS This class is the ultimate 30 minute workout focusing on a wide variety of exercises, changing every class to keep your interest levels high and including challenges to add competition into the mix.

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 punch bags, press-ups, shuttle-runs and sit-ups.

BOOTCAMP The boot camp workout consists of cardiovascular conditioning (running or walking, plyometric), 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 but the results are insane.

BATTLE-BELLS Grab your weapons. Whether you wage war with ropes, sand bells or kettlebells, this is a workout for true warriors. We're talking peak power, epic endurance and hard-core HIIT for aspiring athletes, fitness fanatics and first-timers alike. Get practicing your battle cry. It's about to go down.

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.



CLASS TIMETABLE

+ DAILY CLASSES TO SUIT YOUR SCHEDULE

+ BEST PERSONAL TRAINERS IN BIRMINGHAM

+ BIRMINGHAMS FINEST HEALTH CLUB & SPA

+ CORVID SECURE GYM FACILITY

+ EXCLUSIVE CLASS AND GYM EXPERIENCE

BOOK YOUR CLASSES ONLINE NOW!

BOOK YOUR GYM SESSION ONLINE

MONDAY

0645-0715	SPIN	Fitness Team
1215-1245	HIIT & LIFT	Fitness Team
1315-1345	SPIN	Fitness Team
1730-1815	PILATES	Nick
1815-1845	SPIN	Fitness Team
1830-1915	BODY ATTACK	Fed
1915-2000	BODY PUMP	Fed

TUESDAY

0645-0715	BOOTCAMP	Fitness Team
1215-1245	CORE ATTACK	Fitness Team
1730-1815	YOGA	Tassie
1730-1800	LEGS,BUMS & TUMS	Fitness Team
1815-1900	DANCE GLOW	Rose
1800-1845	BATTLE-BELLS	Fitness Team
1845-1930	SPIN	Angie
1845-1930	BOXERCISE	Fitness Team

WEDNESDAY

0645-0715	BATTLE-BELLS	Fitness Team
1215-1245	SPIN	Fitness Team
1315-1400	PILATES	Nick
1730-1800	SPIN	Fitness Team
1805-1850	YOGA	Tassie
1815-1845	SPIN	Rich
1915-2000	BODY ATTACK	Gina
2015-2045	BOOTCAMP	Fitness Team

THURSDAY

0645-0715	CIRCUITS	Fitness Team
1215-1245	SPIN	Fitness Team
1315-1345	BATTLE-BELLS	Fitness Team
1730-1800	LEGS,BUMS & TUMS	Fitness Team
1730-1815	YOGA	Marianna
1800-1845	SPIN	Fitness Team
1815-1900	DANCE FIT	Hannah

FRIDAY

0645-0715	BOOTCAMP	Fitness Team
1215-1245	TABBATA	Fitness Team
1315-1345	BOXERCISE	Fitness Team
1800-1830	BATTLE-BELLS	Fitness Team

SATURDAY

1000-1030	SPIN	Fitness Team
1030-1115	ZUMBA	Taylor
1115-1200	YOGA	Marianna

SUNDAY

0915-1000	BOXERCISE	Fitness Team
1000-1045	BODY PUMP	Gina

Opening Hours

Mon-Thurs	0630-2200
Fri	0630-2100
Sat - Sun	0800-2000

***Refer a Friend**
Details ask reception
Prizes to be won!