

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.00 - 07.00 YOGA ●	06.00 - 07.00 TBC ●	07.00 - 07.45 SPINNING	06.00 - 07.00 TBC ●	07.00 - 08.00 BODY SPIN	07.00 - 08.00 TBC ●	08.00 - 09.00 TBC ●
07.00 - 07.45 KETTLEBELLS	07.00 - 07.30 QUICK SPIN	07.45 - 08.00 AB BLAST	07.00 - 08.00 BODY SPIN	09.30 - 10.00 CARDIO STEP	09.00 - 09.45 SPINNING	09.15 - 10.00 SPINNING
09.30 - 10.00 RHYTHM & TONE	07.30 - 08.00 FIRM ASSETS	12.15 - 12.45 QUICK SPIN	07.15 - 08.15 PILATES by Charlotte Adams ●	10.00 - 11.00 PILATES by Charlotte Adams ●		
10.00 - 10.30 ABS	10.15 - 11.00 AERO SHAPE	17.15 - 17.45 FIRM ASSETS	09.30 - 10.15 PILATES GROUP	17.15 - 17.45 ABS		
11.00 - 12.00 YOGA ●	11.00 - 11.45 MUMS, BUMS & TUMS	18.00 - 18.30 TRX	10.15 - 11.00 CIR-BATA	18.00 - 18.45 SPINNING		
17.15 - 18.15 BODY WORX	13.00 - 13.45 PILATES GROUP	18.00 - 18.30 QUICK SPIN	12.30 - 13.00 QUICK SPIN	19.00 - 20.00 YOGA ●		
18.15 - 19.00 SPINNING	17.30 - 18.00 RBT	18.45 - 19.15 CARDIO STEP	13.00 - 13.30 RBT			
19.15 - 20.15 BODY SPIN	18.00 - 18.45 SPINNING	19.15 - 20.00 PILATES GROUP	18.15 - 19.00 SPINNING			
	18.15 - 19.00 KETTLEBELL		19.00 - 20.00 BODY WORX			
	19.00 - 19.45 SPINNING					
	19.45 - 20.00 ABS					
						<p>Call 01723 585870 to reserve your space today!</p> <p>Cancellation Policy If you cannot attend a class you have already booked, please inform reception ASAP as we regularly have people on waiting lists.</p> <p>Any member who cancels on the day of a booked class cannot be booked onto the following weeks class until the cancelled class has finished.</p>

CLASS TIMETABLE

● CLASSES TO BE PAID FOR £3.50 MEMBERS AND £5 NON-MEMBERS

Dunslow Road, Eastfield Business Park, Scarborough, YO11 3UT

01723 585870 contact@fashionablefitness.club fashionablefitness.club   



FASHIONABLE FITNESS

Kettlebell

This class will chisel and firm your arms, shoulders, thighs, and glutes as we push, pull, swing, lift and hold the kettlebell. It will also develop core strength and stability. A brilliant overall body toning and strength session. With Ben or Ricky

Rhythm and Tone

An aerobic style routine with a low weight to gain the overall body tone you have always desired to a sound track of the best Motown, 70's & 80's. With Ricky

Spinning

All the benefits of outdoor cycling with inside comforts. A cardiovascular workout that incorporates strength training elements that is great for fat loss and tone with each class burning on average 500 calories. With Ricky, Rob, Ben, Lauren or Cathy.

Abs

Abs is the longer version of abs Blast, but will make you work more on core stability! With Ricky or Ben

Pilates Group

Tone, stretch & balance in a fun accessible Pilates class.

Mums, Bums & Tums

A great all over body work out! This class incorporates cardio, strength training arms and legs and focused abdominal work. Your little one can be brought into the class and stay in safe environment while mummy trains. Baby age – 4 weeks to 1 year. (crawlers welcome, but must be supervised).

Yoga

Vinyassa flow yoga with Ricky, improve your flexibility & mobility in a fun class suitable for any level of yogi! £3.50 members, £5 non-members

Abs Blast

A quick blast on the abdominal area to help you achieve that desired six pack/toned look. With Ricky or Ben

Body Spin

Weights and Spinning! 30 minutes of Spinning will get your heart pumping and them calories burning, and the last 30 minutes will allow you to tone, shape and gain strength. With Ricky or Lauren

Quick Spin

Same as spinning but only 30 mins

Cir-Bata

High Intensity Circuit Training, designed to get the heart rate up. 20 seconds of exercise, 10 seconds rest.

Body Worx

A 60-minute-high intensity metabolic work out to push you further and perfect your technique while raising your fitness levels and incinerating calories. With Rob

Firm Assets

A half hour class targeting your bums, legs and tums to help you achieve an all over toned look whilst burning calories and improving stamina. With Lauren

TBC (Total Body Conditioning)

A class with real results & real progression. Suitable for all abilities we give you the confidence to train with barbells, kettlebells & the best body weight exercises including great mobility work, strength, conditioning & high intensity fitness. £3.50 members, £5 non-members.

TRX

Full body calisthenics, half an hour of exercises using suspension trainers & your own body weight to raise your fitness levels & strengthen the full body!

RBT

The more you rest, the harder you will push, the more you will have to rest. Rest and work in exercise are dependent upon one another and together.

Cardio Step

A new take on the 70's hit step aerobics class, using weights & kettlebells. This not only will work your legs but you get to tone and strengthen your upper body at the same time! Endurance, stamina and strength will be tested in this quick half hour class to help you lose weight and tone up! Get ready to step up and tone!

Aero-Shape

Move to the beat! Exercise to the music with Lauren in a classic aerobic & circuit based exercise class

Pilates by Charlotte Adams

A low impact class designed to help improve posture, muscle tone, balance and joint mobility, as well as relieve stress and tension. This class is designed for all abilities.

CLASS DESCRIPTIONS

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