


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.00 - 07.00 ● <b>YOGA</b>	06.00 - 07.00 <b>LEVEL UP</b>	06.00 - 07.00 <b>LEVEL UP</b>	06.00 - 07.00 <b>LEVEL UP</b>	07.00 - 08.00 <b>BODY SPIN</b>	07.00 - 08.00 <b>LEVEL UP</b>	08.00 - 09.00 <b>LEVEL UP</b>
07.00 - 08.00 <b>LEVEL UP</b>	07.00 - 07.45 <b>SPINNING</b>	07.00 - 07.45 <b>SPINNING</b>	07.00 - 08.00 <b>BODY SPIN</b>	09.15 - 10.00 <b>CARDIO BARS</b>	08.00 - 08.45 <b>HIITSTEP</b>	09.15 - 10.00 <b>SPINNING</b>
09.30 - 10.00 <b>RHYTHM &amp; TONE</b>	10.15 - 11.00 <b>AERO SHAPE</b>	07.45 - 08.00 <b>AB BLAST</b>	09.30 - 10.15 <b>PILATES GROUP</b>	10.00 - 11.00 ● <b>PILATES</b> by Charlotte Adams	09.00 - 09.45 <b>SPINNING</b>	10.30 - 11.00 <b>CORE CIRCUITS</b>
10.00 - 10.30 <b>ABS</b>			10.15 - 11.00 <b>CIR-BATA</b>		 <p><b>LEVEL UP</b> Small Group PT is a new membership add on that offers real results! All the benefit of Personal training in a small group of like minded people with science based training including weigh in's, <b>LEVEL UP</b> classes &amp; yoga classes.</p> <p><b>Call 01723 585870 to reserve your space today!</b></p> <p><b>Cancellation Policy</b> If you cannot attend a class you have already booked, please inform reception ASAP as we regularly have people on waiting lists. 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> <p>● <b>CLASSES TO BE PAID FOR £3.50 MEMBERS AND £5 NON-MEMBERS</b></p>	
11.00 - 12.00 ● <b>YOGA</b>						
12.15 - 13.00 <b>HIITSTEP</b>	13.00 - 13.45 <b>PILATES GROUP</b>	12.00 - 12.45 <b>BODY WORX</b>	12.30 - 13.00 <b>QUICK SPIN</b>			
13.00 - 14.00 <b>LEVEL UP</b>			13.00 - 13.30 <b>RBT</b>			
17.15 - 18.15 <b>BODY WORX</b>	17.15 - 17.45 <b>RBT</b>	17.15 - 17.45 <b>FIRM ASSETS</b>	17.15 - 18.15 <b>LEVEL UP</b>	18.00 - 18.45 <b>SPINNING</b>		
18.15 - 19.00 <b>SPINNING</b>	17.45 - 18.30 <b>SPINNING</b>	18.00 - 18.30 <b>TRX-PARKOUR</b>	18.15 - 19.00 <b>SPINNING</b>	18.00 - 19.00 <b>LEVEL UP</b>		
19.15 - 20.15 <b>BODY SPIN</b>	18.00 - 18.45 <b>KETTLEBELL</b>	18.00 - 18.30 <b>QUICK SPIN</b>	19.00 - 20.00 <b>BODY WORX</b>	19.00 - 20.00 ● <b>YOGA</b>		
19.15 - 20.15 <b>LEVEL UP</b>	18.45 - 19.15 <b>QUICK SPIN</b>	18.45 - 19.15 <b>CARDIO STEP</b>	19.15 - 20.15 ● <b>PILATES</b> by Charlotte Adams			
	19.30 - 20.30 ● <b>YOGA</b>	19.15 - 20.00 <b>PILATES GROUP</b>				

# CLASS TIMETABLE

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.

### **Quick Spin**

Same as spinning but only 30 mins

### **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.

### **Abs Blast**

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

### **Cir-Bata**

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

### **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

### **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

### **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

### **TRX-Parkour**

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

### **HIITSTEP**

HIITSTEP is a NEW and innovative 30 minute High Intensity Interval Training based workout using only bodyweight and a STEP. This includes a Step specific Warm Up & Cool Down. It has been developed by Olympians and the UKs top house music producers.

### **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.

### **Cardio Bars**

A studio aerobics class that brings together cardio exercise and barbell training to create a fun, challenging fat burning workout. This class will send your metabolism sky high and help improve your overall fitness.

### **Core Circuits**

30 Minute class based around Core Fitness. Focusing on improving core strength and stability while raising that heart rate for calorie burn.

# **CLASS DESCRIPTIONS**

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