


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.00 - 07.00 ● YOGA	06.00 - 07.00 LEVEL UP	06.00 - 07.00 LEVEL UP	06.00 - 07.00 LEVEL UP	07.00 - 08.00 BODY SPIN	07.00 - 08.00 LEVEL UP	08.00 - 09.00 LEVEL UP
07.00 - 08.00 LEVEL UP	07.00 - 07.30 QUICK SPIN	07.00 - 07.45 SPINNING	07.15 - 08.00 CIRCUITS	09.15 - 10.00 CARDIO BARS	08.00 - 08.45 HIITSTEP	09.15 - 10.00 SPINNING
09.30 - 10.00 RHYTHM & TONE	07.30 - 08.00 CARDIO STEP	07.45 - 08.00 AB BLAST	09.30 - 10.15 PILATES GROUP	10.00 - 11.00 ● PILATES by Charlotte Adams	09.00 - 09.45 SPINNING	10.15 - 11.00 CARDIO STEP
10.00 - 10.30 ABS	10.15 - 11.00 AERO SHAPE		10.15 - 11.00 CIR-BATA		 <p>LEVEL UP 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, LEVEL UP classes & yoga classes.</p>	
11.00 - 12.00 ● YOGA						
12.15 - 13.00 HIITSTEP	13.00 - 13.45 PILATES GROUP	12.00 - 12.45 BODY WORX	12.30 - 13.00 QUICK SPIN	13.00 - 13.45 STEP UP & TONE		
13.00 - 14.00 LEVEL UP			13.00 - 13.30 RBT			
17.15 - 18.15 BODY WORX	17.15 - 17.45 RBT	17.15 - 17.45 FIRM ASSETS	17.15 - 18.15 LEVEL UP	18.00 - 18.45 SPINNING		
18.15 - 19.00 SPINNING	17.45 - 18.30 SPINNING	18.00 - 18.30 TRX-PARKOUR	18.15 - 19.00 SPINNING	18.00 - 19.00 LEVEL UP	<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. 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>● CLASSES TO BE PAID FOR £3.50 MEMBERS AND £5 NON-MEMBERS</p>	
19.15 - 20.15 BODY SPIN	18.00 - 18.45 KETTLEBELL	18.00 - 18.30 QUICK SPIN	19.00 - 20.00 BODY WORX	19.00 - 20.00 ● YOGA		
19.15 - 20.15 LEVEL UP	18.45 - 19.30 HIIT STEP	18.45 - 19.15 CARDIO STEP	19.15 - 20.15 ● PILATES by Charlotte Adams			
	19.30 - 20.30 ● YOGA	19.15 - 20.00 PILATES GROUP				

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, Jess 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 Jess

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 Jess

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 Jess 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.

Circuits

A 45 minute circuit based class, using multiple pieces of equipment. This class can be studio or gym based.

CLASS DESCRIPTIONS

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