


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.00 - 07.00 <b>LEVEL UP</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>	06.00 - 07.00 <b>LEVEL UP</b>	07.00 - 08.00 <b>LEVEL UP</b>	08.00 - 09.00 <b>LEVEL UP</b>
07.00 - 07.30 <b>INDOOR CYCLING</b>	07.00 - 07.45 <b>SWEAT</b>	07.15 - 07.45 <b>INDOOR CYCLING</b>	07.00 - 07.45 <b>SWEAT</b>	07.00 - 8.00 <b>BODY SPIN</b>	07.30 - 08.00 <b>ABS</b>	08.15 - 08.45 <b>INDOOR CYCLING</b>
07.30 - 08.00 <b>KETTLEBELLS</b>	10.00 - 10.45 <b>AERO SHAPE</b>	10.30 - 11.15 <b>PACE</b>	10.30 - 11.00 <b>TONING CIRCUITS</b>	09.15 - 09.45 <b>CARDIO BARS</b>	08.00 - 8.30 <b>HIITSTEP</b>	09.00 - 09.45 <b>SWEAT</b>
09.30 - 10.00 <b>RHYTHM &amp; TONE</b>		11.30 - 12.30 <b>PILATES GROUP</b>		10.00 - 10.30 <b>KETTLEBELL</b>	09.00 - 09.45 <b>INDOOR CYCLING</b>	10.00 - 10.30 <b>CARDIO BARS</b>
	12.30 - 13.00 <b>CARDIO STEP</b>	12.00 - 12.45 <b>BODYWORX</b>	12.30 - 13.00 <b>INDOOR CYCLING</b>		 <b>LEVEL UP</b> is a small group personal training that caters to your abilities & helps you progress to your goals. Includes weigh ins & progress tracking. Level up members have access to all <b>LEVEL UP</b> classes.	
13.00 - 13.30 <b>RBT</b>			13.00 - 13.30 <b>RBT</b>	13.00 - 13.30 <b>LEGS, BUMS &amp; TUMS</b>		
17.15 - 17.45 <b>LEGS, BUMS &amp; TUMS</b>	17.00 - 17.30 <b>RBT</b>	17.15 - 17.45 <b>KETTLEBELL</b>	17.00 - 18.00 <b>LEVEL UP</b>	17.15 - 18.00 <b>INDOOR CYCLING</b>	<p><b>Call 01723 585870 to reserve your space today!</b></p> <p><b>Class Bookings</b> Head over to our website to book classes online. Please ask at reception if you require a login.</p> <p><b>All classes are included in memberships with the exception of classes marked with a ● which are £3.50 for members.</b></p> <p><b>All classes are available to Non-Members at £5 per class.</b></p>	
17.15 - 18.15 <b>BODYWORX</b>	17.30 - 18.00 <b>INDOOR CYCLING</b>	17:45 - 18.15 <b>SWEAT</b>	17.15 - 17.45 <b>ABS</b>			
18.15 - 19.00 <b>INDOOR CYCLING</b>	18.15 - 18.45 <b>KETTLEBELL</b>	18.15 - 19.00 <b>INDOOR CYCLING</b>	18.00 - 18.45 <b>INDOOR CYCLING</b>			
19.15 - 19.45 <b>CARDIO STEP</b>	18.45 - 19.15 <b>HIIT STEP</b>	19.15 - 19.45 <b>CARDIO STEP</b>	19.00 - 19.30 <b>BODYWORX</b>			
19.15 - 20.15 <b>LEVEL UP</b>		19.30 - 20.30 <b>LEVEL UP</b>	19.15 - 20.15 ● <b>PILATES</b> by Charlotte Adams			

# CLASS TIMETABLE

01723 585870 contact@fashionablefitness.club fashionablefitness.club   



FASHIONABLE FITNESS

### **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.

### **Legs, Bums & Tums**

Shape up and burn fat as you lunge, step and squat your way to fitness in this ever-popular, fun class using your own bodyweight. The high repetition based routines will put your legs, bums and tums through their paces in a bid to trim down those areas we love to hate - trust us, your body will thank you for it!

### **Indoor Cycling**

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.

### **Indoor Cycling (30 mins)**

Same as indoor cycling but only 30 mins.

### **Pilates Group**

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

### **Toning Circuits**

Toning & Cardio circuit designed to raise the heart rate and create a full body workout.

### **Body Spin**

Weights and Cycling! 30 minutes of cycling will get your heart pumping & them calories burning and the last 30 minutes will allow you to tone, shape & gain strength.

### **Abs**

This class will concentrate on strengthening your core muscles. Including your abdominal muscles, back muscles and the muscles around the pelvis. This includes twisting, crunches, planks, among other core exercises. Strong core muscle helps us to carry on with our daily physical routines without back pain or injuries. Let's build better core strength for life.

### **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.

### **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 UK's 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. 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 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.

### **Sweat**

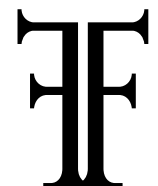
A high intensity class working your full body using a combination of bodyweight and strength exercises.

### **PACE**

This BEG Level / Cardio / Strength and Endurance Workout, takes you on a brisk WALK over 4 miles, Travelling at 140 bpm / 5.45 mph. Walking over 6,000 steps and burning over 450 calories and all in just 45 mins. With pulsing and motivating music, this full body Cardio Class is exhilarating and addictive. Results based training. Embrace the Pace of your own journey.

# **CLASS DESCRIPTIONS**

01723 585870 [contact@fashionablefitness.club](mailto:contact@fashionablefitness.club) [fashionablefitness.club](http://fashionablefitness.club)   



FASHIONABLE FITNESS