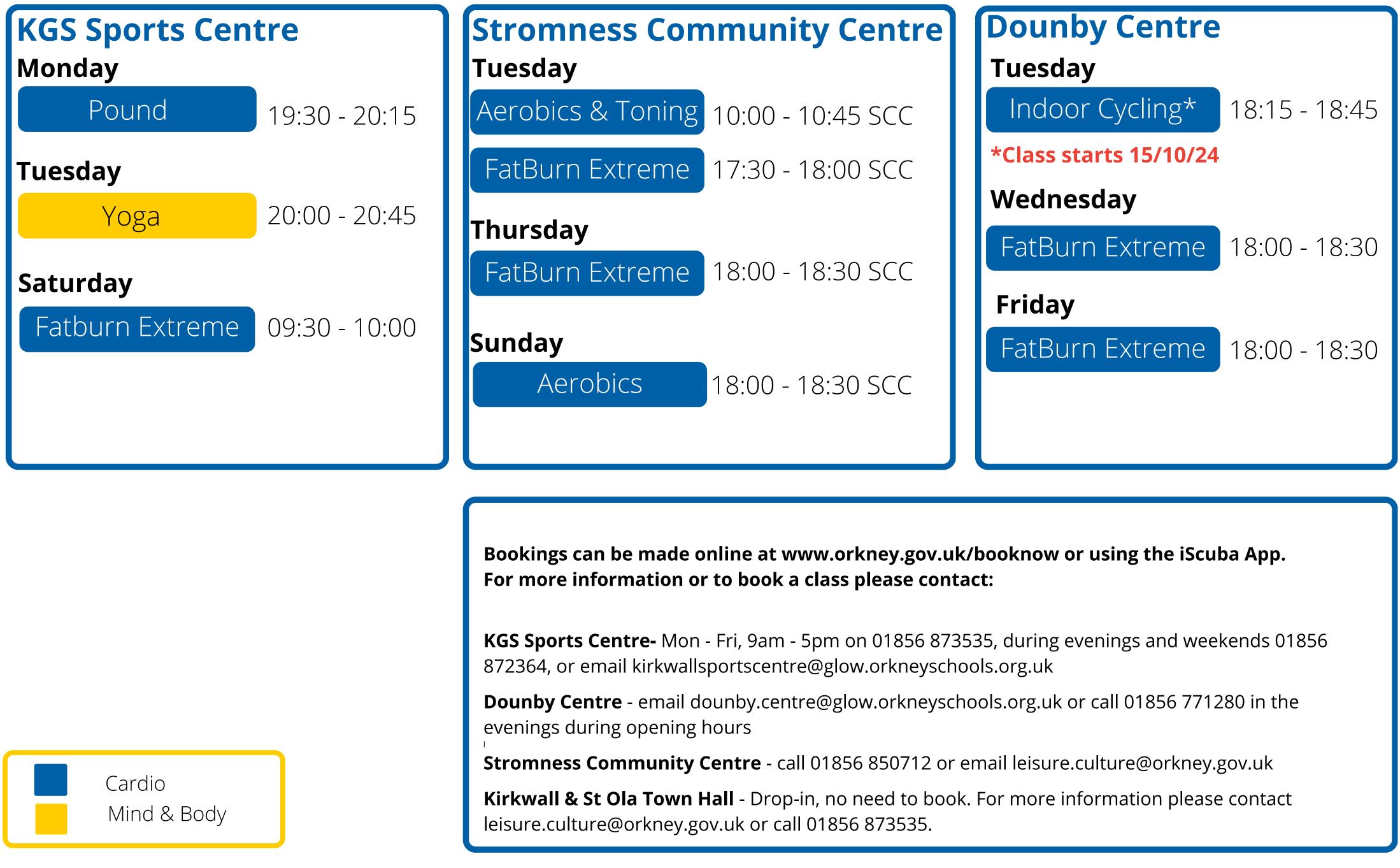


# Group Exercise Timetable **20 August - 22 December 2024**











### **Fatburn Extreme**

Maximise results in minimum time. Boosts metabolism, improves speed, power and strength. A 20 minute, maximal intensity workout with participants choosing when to rest according to their own fitness levels.

# **Indoor Cycling**

A high-intensity, rhythm-based, low-impact cycle class full of flats, sprints and hill climbs. Be ready to break a sweat! Suitable for beginners or experienced cyclists.

### **Aerobics & Toning**

A 45 minute all-round mix of cardio and body conditioning exercise to music incorporating small hand weights that will leave you feeling energised. Suitable for a wide range of fitness levels.



### Pound

An exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and pilates-inspired movements. Using lightly weighted drumsticks, POUND transforms drumming into and incredibly effective workout.

### Yoga

A low impact class focused on improving strength, balance, mobility and flexibility. Relaxation is encouraged throughout.

## **Aerobics**

A 30 minute all-round mix of cardio and body conditioning exercise to music incorporating small hand weights that will leave you feeling energised. Suitable for a wide range of fitness levels.