

## AEROBICS

Pre-choreographed routines designed to be both fun & effective - set to lively & upbeat music. Suitable for all levels.

## BODYTONE

An all over body conditioning workout designed to both strengthen & tone the body. Formats & equipment used will vary.

## CYCLE

Using stationary bikes, the instructor will take a group of cyclists through a ride that will include sprints, hill climbs & endurance training. Suitable for all levels of fitness.

## EXPRESS ABS

An express class that targets the abdominals with multi option exercises to cater for all fitness levels.

## HIIT

High intensity interval training involves a variety of strength & endurance drills set against a time or number of reps. Get results fast!

## LBT

LBT focuses on all of the major muscles of the Legs, bums & tums. Easy to follow exercises that will shape & tone. Exercises will vary and may include SQUATS, LUNGES, CURLS & TWISTS.

## PILATES

Pilates is a form of strength and flexibility training It is helpful in preventing and rehabilitating from injuries, improving posture, and increasing flexibility, circulation, and balance.

## STEP/STEP EXPRESS

Using a step box, choreographed aerobics routines are performed to lively & upbeat music.

## YOGA

Yoga does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation &/or relaxation.

## YOGALATES

This classes blends Pilates & Yoga moves to provide a class that will tone & lengthen muscles, increase flexibility & promote relaxation.

## ZUMBA

Using Latin & international music, this dance class is a fun & effective workout. Come join the party!

# CLASS TIMETABLE



# THE CHASE

## Health Club Phase 1 - Re-opening times

**Monday - Friday 06:15 - 20:00**  
**Saturday - Sunday 08:30 - 16:00**

Please Call: 01785 712 888

[www.thechasegolf.co.uk](http://www.thechasegolf.co.uk)

# CLASS TIMETABLE

<b>MONDAY</b>	<b>BODYTONE</b> 9.30-10.15 S1 CHARLIE	<b>STEP EXPRESS</b> 10.30-11.00 S1 CHARLIE	<b>STEP</b> 17:45-18:30 S1 CHARLIE	<b>CYCLE</b> 18.00-18.45 S2 RYAN	<b>PILATES</b> 18:45-19:30 S1 TERESA	
	<b>LBT</b> 9.30-10.15 S2 RACHAEL	<b>ZUMBA</b> 09:30-10:15 S1 MIDO	<b>PILATES</b> 10.30-11.15 S1 AMANDA	<b>AEROBICS</b> 18:00-18:45 S1 MIDO	<b>PILATES</b> 18:30-19:15 S2 SARAH	
<b>TUESDAY</b>	<b>STEP</b> 9.30-10.15 S1 CHARLIE	<b>YOGA</b> 09:30-10:15 S2 SHARLENE	<b>PILATES</b> 10.30-11.15 S2 JO	<b>LBT</b> 10.30-11.00 S1 CHARLIE	<b>BODY TONE</b> 18:00-18:45 S1 CHARLIE	<b>HIIT</b> 19:00-19:30 S1 CHARLIE
	<b>CYCLE</b> 09.30-10.15 S2 SUE	<b>AEROBICS</b> 09:30-10:15 S1 MIDO	<b>YOGALATES</b> 10.30-11:15 S1 AMANDA	<b>ZUMBA</b> 18.00-18:45 S1 MIDO	<b>YOGA</b> 18:30-19:15 S2 ALLY	
<b>WEDNESDAY</b>	<b>CYCLE</b> 09:30-10:15 S2 KELLY	<b>EXPRESS ABS</b> 10.30-11.00 S1 KELLY	<b>PILATES</b> 11.00-11:45 S2 SARAH	<b>CYCLE</b> 18.00-18.45 S2 RACHAEL		
	<b>BODY TONE</b> 9.15-10.00 S1 SAM	<b>YOGALATES</b> 10.15-11.00 S1 SAM				
<b>THURSDAY</b>	<b>CYCLE</b> 9.30-10.15 S2 SUE	<b>BODY CONDITONING</b> 10:30-11:15 S1 SUE				
<b>FRIDAY</b>						
<b>SATURDAY</b>						
<b>SUNDAY</b>						



\*Classes are subject to change \*All classes are bookable in advance \*A minimum of 3 bookings are required to run the class