

# ACADEMY HEALTH CLUB CARDIO CLASSES

**Monday 25th February - Sunday 14th April 2019**

C = CARDIO; P = POOL; G = GYM

S = STUDIO; O = OUTSIDE

Level 1 (L1) Classes are introductory or lower intensity. If you are new to the Academy Health Club L1 Classes are a great starting point!

**Over 60 Classes on the menu to inspire & transform Mind, Body & Spirit**



## Monday

6:30 – 7:15 am Pilates (C) Instructor Jeannie

8:30 am – 9:00 am Stroke Technique for Swimmers (P) Instructor Tracey

9:15 – 10:00 am Spinning (S) Instructor Tracey (Level 1-2)

9:15 - 10:25 am Freestyle Fitness Yoga (C) Inst. Jeannie (Level 1-2)

10:30 – 11:30 am Evergreens (50+ Shape & Tone) (C) Instructor Tracey (Level 1-2)

5:00 – 5:45 pm Strength, Balance, & Flexibility 4 Sport (C) Instructor Richard (Level 1-2)

6:00 – 6:30 pm Swim Lesson for Adult Beginners/Int (P) Instructor George & Lin (L1) or 6:00 – 6:45 pm Spin (S) Inst. Richard

6:00 – 7:00pm Yoga (C) Instructor Naomi or 6:30 – 7:30 pm Aquafit (shallow) (P) Instructor Lin (L1)

7:00 – 7:45 pm SPIntelligence (S) Instructor Shep (Level 1-2)

7:00 – 8:00 pm "Boot-Camp" Circuits (C) Instructor Richard (Level 3)

8:00 – 9:00 pm Pilates (C) Instructor Jeannie

8:30 – 9:30 pm Adult Swim Fitness/Masters (P) Instructor Emma



## Tuesday

9:00 – 9:45 am Gym Circuits (G) Instructor Paul (Level 1- 2)

10:00 – 10:45 am Studio Circuits (C) Instructor Paul (Level 1- 2)

11:00 – 12:00 pm Aquafit (Deep water) (P) Instructor Lin

1:30 – 2:00 pm Swim Lesson for Adult Beginners/Int (P) Instructor Emma (Level 1)

5:00 - 5:45 pm PowerFit (C) Instructor Richard

6:00 – 7:00 pm Pilates Instructor Jeannie (C) or 6:00 – 7:00 pm Endurance Spin (1 hr) (S) Inst. Rich (Level 2-3)

7:00 – 8:00 pm HIIT (C) Instructor Jeannie or 7:15 – 8:00 pm Spinning (S) Instructor Martin

8:00 - 9:10 pm Freestyle Fitness Yoga (c) Instructor Jeannie (Level 1- 2)

## Wednesday

6:30 am Coffee Run (Start & Finish at Academy to receive 50% off your morning coffee!)

9:15 – 10:00 am Spinning (S) Instructor Paul (Level 1- 2)

9:30 – 10:15 am Aquafit (Deep) (P) Instructor Emma

11:00 – 12:00 pm Core N Stretch (C) Instructor Paul (Level 1)

6:00 – 6:45 pm Kettlebell Strength & Cardio HIIT Workout (C) Instructor Jeannie

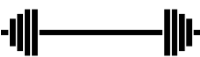
6:00 – 7:00 pm Aquafit (Shallow water) (P) Instructor Lin (Level 1)

6:15 – 7:15 pm Gym Circuits (G) Instructor Martin or 6:15 – 7:00 pm Spinning (S) Instructor Richard

7:00 – 7:45 pm Align and Define (Body weight exercises) (C) Instructor Jeannie (L1)

8:00 – 8:45 pm Mid-Week Mindfulness (Exercises to de-stress & calm the mind & body) (C) Instructor Jeannie (L1)

ALIGN & DEFINE



## Thursday

8:30 am – 9:00 am Stroke Tech for Swimmers (P) Inst. Tracey

9:15 – 10:00 am PowerFit (C) Inst. Richard

10:45 – 11:45 am Fitness Pilates (C) Instructor Tracey (Level 1)

11:00 – 12:00 pm Aquafit (Shallow water) (P) Instructor Emma (Level 1)

2:00 – 3:00 pm Strength N Tone (G) Instructor Paul (Level 1)

5:00 – 5:45 pm Powerfit (C) Instructor Richard

6:00 – 6:45 pm Spinning (S) Instructor Richard or 6:00 – 7:00 pm Yoga (C) Instructor Pippa (Level 1)

7:00 – 8:00 pm HIIT Strength (C) Instructor Jeannie

8:00 – 9:00 pm Pilates (C) Instructor Jeannie or 9:00 – 10:00 pm Swim Technique (Advanced) (P) Instructor Tracey

## Friday

9:15 – 10:00 am Spinning (S) Instructor Martin

10:00 – 11:00 am Pilates (C) Instructor Jeannie

11:00 – 12:00 pm Aquafit (shallow water) (P) (Level 1) Instructor Tori

5:30 – 6:30 pm Pilates (C) Instructor Jeannie or 6:00 – 6:45 pm Spinning (S) Instructor Richard

**\*NEW FOR MARCH\*** 6:45 – 7:45 pm Triathlon Academy 4 Beginners & Improvers (Ages 16+) Instructor Jeannie

7:00 – 8:00 pm Zumba (C) Instructor Megan

## Saturday

7:30 – 8:30 am Adult Swim Fitness & Masters (P) Instructor Nic

8:00 – 8:45 am Spinning (S) Instructor Richard

8:30 – 9:00 am Swim Lesson Adult Beginners/Intermediates (P) Instructor George (Level 1)

9:00 – 9:45 am Tabata (C) Instructor Richard

**\*NEW FOR MARCH\*** 2:30 – 3:15 pm "Ask the Trainer"! (G) Instructor Paul

## Sunday

10:30 – 11:15 am Fitness Pilates (C) Instructor Tracey (Level 1)

Swim & Sport Special – Enjoy a swim after your "pay as you go class" for only £2.00 Classes included in this offer are denoted with



ASK OUR **TRAINER**

"ACADEMY 1:1" SPORTS COACHING, HEALTH & WELLNESS PROGRAMS, FITNESS CONCEPTS UNIQUE TO YOU. CONTACT RECEPTION FOR FURTHER DETAILS

CLASSES AVAILABLE TO ACADEMY FULL MEMBERS (COMPLIMENTARY) & NON-MEMBERS £6.25 BOOKING ADVISED - SPACES LTD. CALL 01278 785909 TO BOOK