

C = CARDIO; P = POOL; G = GYM THURSDAY 2<sup>ND</sup> JANUARY – SUNDAY 16<sup>TH</sup> FEBRUARY 2020 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!



**Monday**

- 9:00 am – 9:30 am Stroke Technique for Swimmers (P) Instructor Stuart
- 9:15 – 10:00 am Spinning (S) Instructor Kelly (Level 1-2) or 9:15 - 10:15 am Fitness Yoga (C) Inst. Jeannie (Level 1-2)
- 10:30 – 11:30 am Evergreens (50+ Shape & Tone) (C) Instructor Stuart (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 Jeannie & Lin (L1)
- 6:00 – 6:45 pm Spin (S) Inst. Richard or 6:00 – 7:00pm Yoga (C) Instructor Naomi
- 6:30 – 7:30 pm Aquafit (shallow) (P) Instructor Lin (L1)
- 7:00 – 7:45 pm SPINtelligence (S) Instructor Shep (Level 1-2)
- \*NEW CLASS\* 7:00 – 7:45 pm Circuit Training (C) Instructor Tori (Level 2-3)
- 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
- 11:15 – 12:00 pm Mindfulness, Stretch & Relax (C) Instructor Jeannie (L1)
- 2:15 – 2:45 pm Swim Lesson for Adult Beginners/Int (P) Instructor Emma (Level 1)
- 5:00 - 5:45 pm PowerFit (C) Instructor Richard
- 6:00 – 6:45 pm Spin (S) Inst. Rich or 6:00 – 7:00 pm Pilates Instructor Jeannie (C)
- 7:00 – 7:45 pm Spinning (S) Instructor Martin or 7:00 – 8:00 pm HIIT (C) Instructor Jeannie
- 8:00 - 9:00 pm Fitness Yoga (c) Instructor Jeannie (Level 1- 2)

**Wednesday**

- 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)
- 6:15 – 7:15 pm Gym Circuits (G) Instructor Martin or 6:15 – 7:00 pm Spinning (S) Instructor Richard
- 6:00 – 7:00 pm Aquafit (shallow) (P) Instructor Lin (L1)
- 6:15 – 7:00 pm Align and Define (Body weight exercises) (C) Instructor Jeannie (L1)
- 7:15 – 8:00 pm Cardio Blast with Step, Kettlebells & More!

**Thursday**

- 9:15 – 10:00 am PowerFit (C) Inst. Richard
- \*NEW CLASS STARTING JAN 9TH\* 10:00 – 11:00 am Evergreens (50+ Shape & Tone) (C) Instructor Stuart (Level 1-2)
- \*NEW TIME STARTING JAN 9TH\* 11:00 – 12:00 pm Fitness Pilates (C) Instructor Jeannie (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 Tabata (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
- 9:00 – 10:00 pm Swim Technique (Advanced)/Masters (P) Instructor Sara

**Friday**

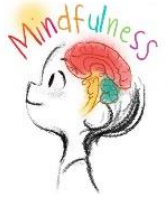
- 9:15 – 10:00 am Spinning (S) Instructor Martin
- 10:00 – 11:00 am Pilates (C) Instructor Jeannie
- 11:00 – 12:00 pm Aquafit (shallow water) (P) (Level 1) Instructor Tori
- 1:00 pm – 1:30 pm Stroke Technique for Swimmers (P) Instructor Emma
- 5:30 – 6:30 pm Pilates (C) Instructor Jeannie
- 6:00 – 6:45 pm Spinning (S) Instructor Kelly (Level 1-2)
- 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
- 2:30 – 3:15 pm "Ask the Trainer"! (G) Instructor Paul

**Sunday**

- 10:00 – 11:00 am Fitness Pilates (C) Instructor Helen (Level 1)



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

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