

ACADEMY HEALTH CLUB CARDIO CLASSES

CARDIO; P = POOL; G = GYM

MONDAY JULY 5TH – SUNDAY AUGUST 1ST 2021

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!

PLEASE BOOK ON-LINE AT:

<https://www.gymsync.co.uk>

BOOK YOUR CLASSES AT:



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ROADMAP TO FITNESS MENU!

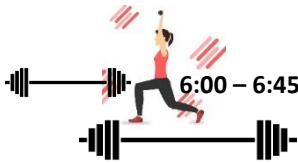
Monday

- 9:10 - 10:00 am Aquafit (Deep Water) (P) Inst. Tracey (Level 1-2)
- 10:00 – 10:30 am Swim Lesson Adult Beginners/Intermediates (P) Instructor Sara (Level 1) **(NO LESSON JULY 26TH)**
- 10:10 – 11:00 am Evergreens (50+ Shape & Tone) (C) Instructor Tracey (Level 1-2)
- 11:10 – 12:00 pm Fitness Pilates (C) Instructor Tracey (Level 1-2)
- 12:15 – 12:45 pm Stroke Technique Class (P) 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 Adult Beginners/Intermediates (P) (Level 1)
- 6:00 – 6:45 pm Spin (S) Inst. Richard (Level 1-3) or 6:00 – 6:50 pm Yoga (C) Instructor Naomi (L1 – L2)
- 6:35 – 7:25 pm Aquafit (shallow) (P) Instructor Tori (L1-L2)
- 7:00 – 7:50 pm HIIT LIT Legs Bums N Tums Instructor Jeannie (Level 1-3)
- 8:30 – 9:30 am Adult Swim Fitness & Masters (P) Instructor Sara (Level 2-3)



Tuesday

- 9:10 – 10:00 am Gym Circuits (G) Instructor Paul (Level 1- 2)
- 10:10 – 11:00 am Shape & Tone (C) Instructor Paul (Level 1-2)
- 10:50 – 11:40 am Aquafit (Deep water) (P) Instructor Tori (Level 1- 2)
- 5:00 - 5:45 pm PowerFit (C) Instructor Richard (Level 2-3)
- 6:00 – 6:45 pm Spin (S) Inst. Rich (Level 1-3) or 6:00 – 6:50 pm Pilates Instructor Jeannie (C) (Level 1-2)
- 7:00 – 7:45 pm Spinning (S) Instructor Martin (Level 1-3)
- 7:00 – 7:50 pm HIIT LIT Lean (C) Instructor Jeannie (Level 2-3)



Wednesday

- 9:15 – 10:00 am HULA-FIT (C) Instructor Vickie (L1-2) or 9:15 – 10:00 am Spinning (S) Instructor Paul (L 1-3)
- 10:10 – 11:00 am Strength N Tone (C) Instructor Paul (Level 1)
- 11:10 – 12:00 pm Core N Stretch (C) Instructor Paul (Level 1)
- 6:00 – 6:45 pm Spinning (S) Instructor Richard (Level 1-3)
- 6:00 – 6:50 pm Cardio Blast with Step, Kettlebells & More! Instructor Jeannie (Level 2-3)
- 7:00 – 7:50 pm Pilates (C) Instructor Jeannie (Level 1-2)
- 7:00 – 8:00 pm Adult Swim Fitness & Masters (P) Instructor Nic (Level 2-3)



Thursday

- 8:30 – 9:00 am Stroke Technique Class (P) Instructor Tracey Level 1-2
- 9:10 – 10:00 am PowerFit (C) Instructor Tracey (Level 1-3)
- 10:10 – 11:00 am Evergreens (50+ Shape & Tone) (C) Instructor Tracey (Level 1-2)
- 11:10 – 12:00 pm Fitness Pilates (C) Instructor Tracey (Level 1)
- NEW CLASS STARTING 15TH JULY:** 2:30 – 3:20 pm Aquafit (P) Instructor Tori (L1-L2)
- 2:10 – 3:00 pm Strength N Tone (Gym) Instructor Paul (Level 1)
- 5:00 - 5:45 pm Tabata (C) Instructor Richard (Level 2-3)
- 6:00 – 6:45 pm Spinning (S) Instructor Richard (Level 1-3) or 6:00 – 6:50 pm Yoga (C) Instructor Kate (Level 1-2)
- 7:00 – 7:50 pm HIIT LIT Strong (C) Instructor Jeannie (Level 2-3)



Friday

- 9:00 – 9:30 am Swim Lesson Adult Beginners/Intermediates (P) Instructor Sara (Level 1) **(NO LESSON JULY 30TH)**
- 9:15 – 10:00 am Spinning (S) Instructor Martin (Level 1-3)
- 9:15 – 10:00 am HIIT LIT Lean (C) Instructor Jeannie (Level 1-3)
- 10:10 – 11:00 am Pilates (C) Instructor Jeannie (L1-L2)
- 11:00 – 11:50 am Aquafit (shallow water) (P) Instructor Tori (L1-L2)
- 5:30 – 6:20 pm Pilates (C) Instructor Jeannie (Level 1-2)
- 6:30 – 7:20 pm Zumba (C) Instructor Victoria (Level 1-3)



Saturday

- 8:00 – 8:45 am Spinning (S) Instructor Richard (Level 1-3)
- 9:00 – 9:45 am HIIT Tabata (C) Instructor Richard (Level 2-3)
- 12:00 – 12:30 pm Swim Lesson Adult Beginners/Intermediates (P) Instructor Ellen (Level 1)



Sunday

- 10:00 – 11:00 am Yoga (C) Instructor Kate (Level 1-2)



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

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

To ensure Social Distancing Class sizes have been reduced. Pre-Booking is required.

CLASSES AVAILABLE TO ACADEMY FULL MEMBERS (COMPLIMENTARY) & NON-MEMBERS £6.50