

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>HIITSTEP</b> 6.30 - 7am	<b>Metafit</b> 6.30 - 7am	<b>Boxercise</b> 6.30 - 7am	<b>Chaos Class</b> 6.30 - 7am	<b>Rig Class</b> 6.30 - 7am	<b>MMA Circuit2</b> 8 - 8.45am
<b>Kettle Bells</b> 10.30 - 11am	<b>Crazy Core</b> 10.30 - 11am	<b>Kettle Bells</b> 10 - 10.30am	<b>Suspension Training</b> 10.30 - 11am	<b>Pilates</b> 11 - 12pm	<b>Technique &amp; Tone</b> 10 - 10.45am
<b>VR Cycle</b> 6 - 7pm	<b>LBT</b> 11 - 12pm	<b>HIIT Step</b> 6 - 6.30pm	<b>Total Tone</b> 11 - 12pm	<b>Metapwr</b> 6 - 6.30pm	
<b>Boxercise</b> 7 - 7.45pm	<b>Chaos Class</b> 6 - 6.45pm	<b>Bar Class</b> 6.30 - 7pm	<b>VR Cycle</b> 6.00 - 7pm	<b>MMA Circuit</b> 6.30 - 7pm	
<b>Pole Dance Course*</b> 7 - 8pm	<b>Kettlebells</b> 7 - 7.45pm	<b>Metafit</b> 7 - 7.30pm	<b>DNB Box fit</b> 6.45pm - 7.45pm		
	<b>Yoga</b> 7 - 8pm		<b>Barre Fusion</b> 7.45pm - 8.45pm		

## Class Timetable

All classes £10

[members free]

01787 828373

\* This class is not included in membership

# zest

health & fitness

**No Quitters**

**Allowed**

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## HIITSTEP

HIITSTEP is a 30-minute high-intensity interval training (HIIT) workout that uses a step and dynamic bodyweight exercises. It has been designed to improve power, increase strength and burn hundreds of calories. The HIITSTEP workout contains voice over music tracks and pre-designed training sessions allowing instructors to deliver inspirational and motivational workouts.

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## PILATES

A class geared towards gentle toning and sculpting to define the body. Focusing on core and balance work, its a great workout in itself or incorporated as part of your training regime.

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## SUSPENSION TRAINING

Body-weighted resistance training using trx suspension straps. Aiming to develop strength, balance, flexibility and joint stability simultaneously.

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## BAR CLASS

A varied class using bars and sand plate weights to push and all over body workout. Strength and conditioning is the aim with some cardio to push that pulse.

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## STUDIO CYCLE & QUICK SPIN

A cycling Class set to upbeat tunes to make your cardio more exhilarating.

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## MMA CIRCUITS

A combination of bag technique and circuit exercises using both weights and bodyweight. From kicking and punching to kettlebell swings.

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## STABILITY BALLS

Stretching, toning and strengthening the core,as well as other muscles, using stability balls.

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## FUNCTIONAL FITNESS

A slower toned down version of rig. Perfect for a relaxed Sunday workout but still not suitable for the half hearted.

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## RIG CLASS

A circuit based around and utilising our rig. With both body weighted and weights exercises set to two rounds of 30-45 sec stations. HIIT in a circuit setting, what more could you need.

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## TOTAL TONE

What it says on the tin. An all over body workout using different equipment each week.

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## YOGA

Not merely a stretching class but a group of physical, mental and spiritual disciplines. Perfect after heavy lifting to avoid injury.

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## LBT

Legs, Bums and Tums. All of our favourite bits thrown into a Class. Feel the burn.

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## CRAZY CORE

The muscle we all love to work the hardest. This class incorporates a variety of abs exercises to leave you aching for days.

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## METAFIT

A high intensity workout including a series of body-weight excercises with internal style training designed to keep your body burning calories long after your training session is complete. Designed by a former marine, this is a class you can be sure to push your limits in.

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## KETTLEBELLS

A variety of kettlebell weights using different exercises to workout the many different muscle groups. From around the world to figure 8's.

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## CHAOS CLASS

A class with a surprise, you never know what you will walk into. Sign up and be pushed in any class that our instructors fancy for the day. Kettlebells, spin, abs or boxing will you take the chance?

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## BOXERCISE

Boxercise is an exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads but no class involves hitting an opponent. It is a fun, challenging and safe workout which is great for stress busting, accessible to all ages and fitness levels.

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## DNB DRUM N BOX

Highly motivating, Adrenaline boosting, boxfit session (pads and gloves boxfit) like no other choreographed to banging Drum n Bass.

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## BARRE FUSION

Working LBTG (guns) standing and floorwork. focusing On toning & stretching. Building lean muscle tone, improving posture, flexibility and balance. Using ballet/dancers techniques, working on lengthening, strengthening core, glutes, toning all body, low impact & high performance.

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