

Class Times Jan - Feb 2017 @lbhealthclub

Start	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Fitness Classes
8:30	Spin (8:30)	Spin (8:30)	Circuits (8:30)	Latin Amble (8:30)	Spin (8:30)	Circuits (8:30)	Classes By External Instructors Aerobics (£3 or £15): New Aerobics Class Aerobics LBT (£3 or £15): New Aerobics Class focuses on legs, bums & tum. Aqua Aerobics (£3): Low impact based water aerobics exercise. Must be in pool by class time. No booking needed. Ballroom (£18): Intermediate only. Latin Amble Exercise (£5 or £25): Incorporate Latin & Ballroom moves done in high intensity sequences. Suitable for any age or ability. No partner needed. Pilates (£25): Total core stability workout . Courses of 6 sessions Only. Tai Chi (£25): Slow meditative exercise for relaxation balance and health.(1 1/2 hour). Courses of 6 sessions Only. Vinyasa Yoga (£3 or £15): Vinyasa (Flow) Yoga
9:30	Aerobics (9:30)		Pilates (10:00)	Aqua * (9:30)	Aerobics LBT (9:30)		
10:30	Kinesis (10:30)	Tai Chi (10:30)			Kinesis (10:30)		
	INSANITY (17:00)				INSANITY (12:00)		
	Spin (18:00)	INSANITY (18:00)	Aqua * (18:30)	Spin (18:00)			
	Pilates (19:00)	Vinyasa Yoga (19:00)	Ballroom (18:30)	Weight Loss Challenge (19:00)			
	Pilates (20:00)						
Instructor Available	8AM-8PM	8AM-7PM	8AM-3PM	2PM-8PM	8AM-2PM		

* During Aqua Aerobics the main pool is closed to anyone not participating in the Class

Classes Bookings

Arrive early for classes

All classes **MUST** be booked at reception.

Minimum numbers required.

Induction/Review Bookings :

All appointments **MUST** be booked at reception. Allow approx. 1 hour for all appointments

To book please call 01580 767611

Classes given by Andy

Kinesis Circuits: Full body resistance circuits, incorporating the kinesis wall

Circuits: High intensity cardio and strength work out.

Spin: Cardio-vascular based group cycling experience.

Insanity: High intensity full body workout.