

Class Times September 2021 @lbhealthclub

Start	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Fitness Classes	
8:30	Spin (8:30)	Spin (8:30)			Spin (8:30)	Circuits (8:30)	<p>Classes By External Instructors</p> <p>Cardio LIIT (£3 or £15): Fitness Class choreographed to Music with Easy to follow routines including a mix of LIIT exercises for the lower & upper body (Low intensity interval Training). Mat needed.</p> <p>Aqua Aerobics (£3): Currently Unavailable</p> <p>Pilates (£25): Total core stability workout. Course £25, Single session £5. Mat Needed.</p> <p>Tai Chi (£5 or £25): Slow meditative exercise for relaxation balance and health. Beginner Tai Chi 1hour, Intermediate 1 1/2 hours.</p> <p>Yoga (£3 or £15): Vinyasa (Flow) Yoga, focuses on strength, flexibility and breathing to boost physical and mental wellbeing. Mat Needed.</p> <p>Classes given by Andy</p> <p>Kinesis Circuits: Full body resistance circuits, incorporating the kinesis wall</p> <p>Circuits: High intensity cardio and strength work out.</p> <p>Spin: Cardio-vascular based group cycling experience.</p> <p>Insanity: High intensity full body workout.</p> <p>Please Book Andy's Classes Using The Pod or the Mobile MyWellness App.</p>	
9:30	Cardio LIIT (9:30)	Tai Chi (9:30—11:00) Mixed Ability						
10:30	Kinesis (10:30)		Pilates (10:30)		Kinesis (10:30)			
	INSANITY (17:00)		Pilates (11:30)		INSANITY (12:00)			
	Spin (18:00)	INSANITY (18:00)		Spin (18:00)	Pilates (18:00)			
		Yoga (19:00)						
Instructor Available	8AM-8PM	8AM-8PM		2PM-8PM	8AM-2PM	8AM-12PM		
* During Aqua Aerobics the main pool is closed to anyone not participating in the Class								
<p><u>Classes Bookings</u> Arrive early for classes All classes MUST be booked at reception. Minimum numbers required.</p>				<p><u>Induction/Review/Health Check Bookings :</u> All appointments MUST be booked at reception. Allow approx. 1 hour for all appointments To book please call 01580 767611</p>				