

Gym & Spa at Streatley

SEPTEMBER 2018 TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30 – 7.00 Boxercise Jodie, Studio	6.30 – 7.15 Spin Jodie, Spin Area	6.30 – 7.00 Boxercise Callum, Studio	6.30 – 7.15 Spin Jodie, Spin Area	6.30 – 7.00 Pure Spin Hester, Spin Area	
		9.15 – 9.45 Pure Spin Jodie, Spin Area	8.00 – 9.00 Yoga Yasmin, Studio	8.30 – 9.30 Vinyasa Yoga Emma, Studio	9.00 – 9.30 Pure Spin Callum, Spin Area
9.30 – 10.30 Hatha Yoga Emma, Studio	9.30 – 10.00 Pure Spin Donna, Spin Area	9.30 – 10.15 HIIT Callum, Gym		8.30 – 9.00 Pure Spin Hester, Spin Area	10.15 – 11.00 Pure Box Callum, Studio
	10.00 – 10.30 Pure Spin Donna, Spin Area	10.00 – 10.30 Pure Spin Jodie, Spin Area	9.30 – 10.00 Pure spin Donna, Spin Area	9.15 – 10.15 Run Fit Tracey	11.00 – 12.00 HIIT Callum, Studio
11.00 – 11.30 Pure Spin Blast Jodie, Spin Area	9.15 – 10.15 Run Fit Tracey	10.00 – 11.00 Hatha Yoga Emma, Studio	9.15 – 10.15 Yoga Yasmin, Studio	10.30 – 11.30 Pilates Harry, Studio	13.00 – 14.00 Teen Fit Callum, Gym
	11:00 – 11:45 Fit Mama Hester, Studio	10.30 – 11.15 Suspended Movement Harry, Gym	10.00 – 10.45 Spin & Abs Donna, Spin Area	11.45 – 12.30 Spin & Tone Jodie, Spin Area	
13.00 – 14.00 Power Yoga Katie, Studio	11.30 – 12.15 Suspended Movement Harry, Gym	11.00 – 11.45 Kettlebells Callum, Studio	11.00 – 12.00 Pilates Harry, Studio		Sunday
14.15 – 14.45 Pure Spin Blast Jodie, Spin Area	11.30 – 12.15 Suspended Movement Harry, Gym	12.00 – 12.45 Boxercise Jodie	12.00 – 12.45 Ladies Who Lift Hester, Gym		8.45 – 9.15 Sunday Morning Spin Donna, Spin Area
	12.00 – 13.00 Yoga Yasmin, Studio		13:30 – 14:30 Pilates Harry, Studio	14.00 – 14.45 Suspended Movement Harry, Gym	9.30 – 10.00 Sunday Morning Spin Donna, Spin Area
17.30 – 18.15 Suspended Movement Harry, Gym	13.15 – 14.15 Yoga Yasmin, Studio	12.45 – 13.45 Pilates Harry, Studio	14.00- 14.45 Lift + Row Callum, Gym		
18.30 – 19.15 Gym Fit Callum, Gym	15.00 – 15.45 Lift + Row Callum, Gym	14.00 – 14.45 Ladies Who Lift Hester, Gym	18.00 – 18.45 Kettlebells Callum, Gym		
18.30 – 19.30 Pilates Anita, studio	18.30 – 19.15 Kettlebells Callum, Studio	17.30 – 18.30 Vinyasa Yoga Emma, Studio	18.30 – 19.45 Vinyasa Yoga Suze, Studio		18.30 – 19.45 Vinyasa Yoga Suze, Studio
19.30 – 20.15 Boxercise Callum, Studio	19.15 – 19.45 Core & Stretch Callum, Studio	18.45 – 19.15 HIIT Hester, Studio	18.45 – 19.15 Pure Spin Callum, Spin Area		
19.30 – 20.15 Spin & Tone Donna, Spin Area		19.15 – 19.45 Pure Core Hester, Studio	20.00 – 21.00 Relaxed Yoga Suze, Studio		20.00 – 21.00 Relaxed Yoga Suze, Studio

Boxercise Enjoy the fitness benefits of boxing without the fight! An effective form of cross training; combining aerobic and anaerobic exercise, hand-eye co-ordination & balance. Working in pairs with pads and gloves, fun and fast paced session.

HIIT High Intensity Interval Training Using range of gym equipment, free weights and body weight for a total body workout.

Pure Core 30 minute class focusing solely on the core for a full abdominal workout. Designed to increase core strength and improve balance.

Ladies Who Lift In this 45 minute session, you will learn how to lift free weights and how to use weights and resistance equipment safely. We will advise you on which weights to use, repetitions and sequences. Small group suitable for beginners to advanced.

Pilates A low impact class which will improve balance, co-ordination and lengthen and strengthen muscles for greater flexibility and tone. An excellent complement to physical activities such as running, cycling and rowing.

Run Fit Small, friendly running group led by experienced running coach. Class caters for all levels. **Run Fit Extra** – For those that wish to run a little further going up to 10k!

Suspended Movement Using suspension equipment fixed to points in the gym or outdoors; you will perform a series of movements working against resistance with your own body weight. A very effective way to gain strength and build muscle without impact.

Pure Spin Blast A great cardio and fat burning session that will improve your strength, stamina and endurance.

Spin & Tone 45 min session designed for those who like a challenge. High intensity 30mins on the bike to get the heart pumping, burn fat and tone up, followed by work on the mats to strengthen and tone the core muscles and upper body

Lift + Row Full body workout including high intensity interval training, developed for fitness, strength and endurance. Combining a mixture of free weights, kettlebells and rowing intervals!

Kettlebells Full body functional strength session focusing on raising the heart rate and targeting all muscle groups. This is the perfect class for improving fitness and muscle tone!

Fit Mama Fitness and support for new mums.

If you have recently had a baby, come and workout with us. No childcare needed, this is designed for your baby to come along together. We don't mind if your little bundle of joy cries, or you have to break off to rock the buggy. This is a relaxed session for you, to get back into your fitness, meet new friends and have a coffee in a fun and stress-free environment.

Power Yoga An energising class using a series of postures and poses to improve strength, balance, and flexibility. A basic level of fitness and or yoga knowledge is required.

Flowing Vinyasa Yoga This session concentrates on breathing and free flowing movement for a dynamic and stimulating yoga experience. The concentration required to complete the progressive routine means all other thoughts are banished for the duration of the session. This class is not suitable for beginners.

Gym Fit 45 minute gym class using a combination of the resistance and cardio equipment. This is a full body workout targeting all muscle groups improving strength, muscle tone and fitness. A great way to build confidence in the gym!

Hatha Yoga Improves strength, flexibility and co-ordination whilst calming the mind. Precision, posture and focus are emphasised to restore harmony to the body. Enjoy this class in the soothing surroundings of our riverside studio.

Relaxed Yoga are fantastic end-of-day classes, aimed at quietening and soothing the mind whilst relaxing the body. Good for stability and flexibility, suitable for all levels.

Saturday afternoon - Teen Fit** is not run as a class. It is a session for teenagers aged 14-16 years who wish to use the gym. Parent/s must be a current member and give signed consent. £5 per session, payable through your membership account.

Classes and instructors may change from time to time to accommodate holidays/absence

Before all classes please stop to mark show your attendance at the gym entrance.

Please arrive ready to start your class promptly. Late arrivals may not be able to gain access and you may lose your place.

No mobile phones in classes, thank you

