

All classes are included in your membership fees. Book & cancel your sessions using our online booking link below! Create your account with your membership number & email address.

<https://member.nuffieldhealth.com/bookings/login.asp?m=nf>

Please complete the tick sheet on reception to register your attendance prior to class.

Abs - This is a specialised class that targets the abdominal muscles -

Body Conditioning A combination of resistance exercises to target and tone your whole body.

Bootcamp Non-traditional exercises to challenge your fitness.

Box Fit A boxing based fitness class working on technique while working you aerobically.

Dance Fit A dance based cardio conditioning class that works your whole body. This session is all about getting low and having fun!!

Core Conditioning This session focuses on getting your Core to function more efficiently.

Functional Fitness A varied gym floor session that reflects everyday movements.

Hatha Yoga This class consists of sustained poses for improved body alignment and the development of conscious breathing.

HIIT A fat burning, calorie busting, muscle toning workout just 20 seconds at a time!

Insanity Returning to the timetable, this class based version of the at-home workout will push you to your limit.

Legs, Bums, Tums Sculpted legs, toned abs and buns of steel!

Mixed Ability Pilates A mind & body class that focuses on improving posture, co-ordination & core efficiency.

Pump A strength endurance resistance based session using barbell and dumbbells to target specific muscle groups.

Skip Fit A skipping/toning based class that increases your fitness level and tones your upper body.

Spin High intensity programme consisting of hill climbs and intense sprints for the experienced participants. Great fat burning exercise class! (Quick Spin – 30 mins)

Stretch and Tone : Improve your flexibility and tone your body with this combination of stretching and holding of postures

Please inform the class instructor of any health conditions or injuries before joining the class.

Classes are opened to non- members. Members can book up to **6** days in advance & non-members 3 days.

Non-member prices: 40-50 minute class: £5
30 minute class: £3.50, 20 minutes class: £3

For all queries call - **01923 232 016** or
Email - croxleyparkgym@nuffieldhealth.com or pop into the gym.

Keep up to date with our special offers and one off classes by following us on Twitter @Croxleyparkgym and Facebook Croxley Park Gym or check out the website www.croxleyparkgym.co.uk
*** ALL PARK EMPLOYEES PAY *NO JOINING FEE FOR GYM MEMBERSHIP**



Studio Timetable

5th February – 30th March

| | Time | Morning Class | Time | Lunchtime Class | Time | Afternoon/ Evening Class |
|-----------|-------------|------------------------------|--------------------------------|--|--------------------------------|--|
| Monday | | | 12:10 – 12:40 12:50 - 13:20 | Pump Box Fit – <i>New</i> | 17:40 – 18:00 18:05 – 18:50 | HIIT Spin |
| Tuesday | 7.30 – 8.15 | Core Conditioning | 12:10 – 12:40 12:50 - 13:20 | Insanity Indoor Bootcamp – <i>New</i> | 17:40 – 18:00 18:10 – 19:00 | Skip Fit - <i>New</i> Mixed Ability Pilates |
| Wednesday | 7.30 – 8.15 | LBT | 12:05 – 12:55 13:00 – 13:30 | <i>*Hatha Yoga (10 wk course)</i> Body Conditioning - <i>New</i> | 17:40 – 18:00 18:05 – 18:50 | Total Abs Pump - <i>New</i> |
| Thursday | 7:30 – 8:15 | HIIT - <i>New</i> | 12:10 – 12:40 12:50 - 13:20 | Dance Fit Indoor Bootcamp- <i>New</i> | 17:40 - 18:00 18:05 – 19.00 | LBT Stretch & Tone |
| Friday | | | 12:10 – 12:40 12:50 - 13:20 | Quick Spin Functional Fitness | | |

Colour Key: Beginners to Intermediate, Intermediate to Advanced **HY - Open to non-members*