

**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.

**Circuits** a whole body circuits style class.

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

**Dance Fit** A dance style cardio conditioning class that works your whole body. This session is all about fun!

**Functional Fitness** A full body workout utilising the functional zone equipment focusing on strength, endurance, agility and balance.

**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 combination of resistance based exercises 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!

**Stretch & Relax** Increase your flexibility, lengthen your muscles, loosen your joints and feel good!

**Quick Spin** Short 30 minute cycle session consisting of hills, flats, jumps, and sprints.

**Total Abs** A quick shot of exercises that targets your six pack area.

**Variable Volume Training** A specialised class that focuses on whole body training using a specific number of reps and sets.

**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](http://www.croxleyparkgym.co.uk)**



# Studio Timetable

8<sup>th</sup> January – 2<sup>nd</sup> February 2018

	Time	Morning Class	Time	Lunchtime Class	Time	Afternoon/ Evening Class
Monday			12:10 – 12:40 12:50 – 13:20	<b>Pump</b> <b>Skip Fit</b>	17:40 – 18:00 18:05 – 18:50	<b>HIIT</b> <b>Spin</b>
Tuesday	7.30 – 8.15	<b>Core Conditioning</b>	12:10 – 12:40 12:50 – 13:20	<b>Insanity - New</b> <b>VVT</b>	17:35 – 18:05 18:10 – 19:00	<b>Dance Fit</b> <b>Mixed Ability Pilates</b>
Wednesday	7.30 – 8.15	<b>LBT</b>	12:10 – 12:40 12:50 – 13:20	<b>HIIT</b> <b>Pump - New</b>	17:45 – 18:00 18:05 – 18:50	<b>Total Abs - New</b> <b>Skip Fit – New</b>
Thursday	7:30 – 8:15	<b>Insanity</b>	12:10 – 12:40 12:50 – 13:20	<b>Dance Fit</b> <b>Circuits</b>	17:40 - 18:00 18:05 – 18.55	<b>LBT</b> <b>Stretch &amp; Relax – New</b>
Friday			12:10 –12:40 12:50 – 13:20	<b>Quick Spin</b> <b>Functional Fitness</b> <i>(gym floor)</i>		

Colour Key: Beginners to Intermediate, Intermediate to Advanced