

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



Studio Timetable

8th January – 2nd February 2018

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

Colour Key: Beginners to Intermediate, Intermediate to Advanced