

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.

Body Conditioning A whole body class to improve strength & tone.

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

Circuits A station based session that works your whole body. (Cardio is predominantly geared to improve fitness levels but injects toning exercises too).

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

Flow Yoga This class contains flowing sequences & holding postures to create heat & build strength.

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!

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.

Pure Strength A strength building class with an educational element on the benefits of increasing strength.

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!

Spin & Abs Short 30 minute cycle session consisting of hills, flats, jumps, sprints with an injection of Abs to finish

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 - croxleygreen.gym@nuffieldhealth.com or pop into the gym.

Keep up to date with our special offers and one off classes by following us on Twitter [@CroxleyGreenGym](https://twitter.com/CroxleyGreenGym) and Facebook [Croxley Green Gym](https://www.facebook.com/CroxleyGreenGym) or check out the website www.croxleygreengym.co.uk



Studio Timetable

3rd January – 21st April

	Time	Morning Class	Time	Lunchtime Class	Time	Afternoon/ Evening Class
Monday			12:10 – 12:40 12:50 – 13:20	Pump Skip Fit – New	17:40 – 18:00 18:05 – 18:50	HIIT – New Spin
Tuesday	7.30 – 8.15	Core Conditioning – New	12:05 – 12:55 13:00 – 13:30	<i>*Hatha Yoga (12 wk course)</i> VVT - New	17:40 – 18:00 18:05 – 18:55	Body Conditioning - New Mixed Ability Pilates
Wednesday	7.30 – 8.15	LBT	12:10 – 12:40 12:50 – 13:20	HIIT Box Fit	17:40 – 18:00 18:05 – 18:55	Total Abs Pump
Thursday	7:30 – 8:15	Pure Strength	12:10 – 12:40 12:50 – 13:20	Cardio Circuits Spin - New	17:40 - 18:00 18:05 – 18.55	LBT Flow Yoga
Friday			12:10 –12:40 12:50 – 13:20	Spin & Abs Core Conditioning/Stretch – New		

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