

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.

**A Shot of** – These sessions have been designed to educate and assist your technical ability. If you wish to join the session ensure adequate warm up is completed

**Abs & Back** This is a specialised class that targets the abdominal and back muscles

**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 fun!!

**Circuits** A station based session to work your whole body

**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.

**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 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! (Quick Spin – 30 mins)

**Variable Volume Training** Whole body training based on reps, sets and time.

**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

18<sup>th</sup> September – 20<sup>th</sup> December

2017

	Time	Morning Class	Time	Lunchtime Class	Time	Afternoon/ Evening Class
Monday			12:05 – 12:35 12:40 – 12:50 13:05 – 13:35	Pump <b>A Shot of Abs - New</b> Skip Fit	17:40 – 18:00 18:05 – 18:50	HIIT <b>Spin - New</b>
Tuesday	7.30 – 8.15	<b>Core Conditioning</b>	12:05 – 12:55 12:30 – 13:00 13:05 – 13:35 13:40 – 13:50	<i>*Hatha Yoga (10 wk course)</i> <b>Running Club (Outdoor till 14<sup>th</sup> Nov)</b> VVT <b>A Shot of Upper Body - New</b>	17:35 – 18:05 18:10 – 19:00	<b>Dance Fit - New</b> <b>Mixed Ability Pilates</b>
Wednesday	7.30 – 8.15	<b>LBT</b>	12:05 – 12:35 12:40 – 12:50 13:05 – 13:35	HIIT <b>A Shot Lower Body - New</b> Box Fit	17:35 – 18:00 18:05 – 19:00	<b>Abs &amp; Back - New</b> <b>Pure Strength - New</b>
Thursday	7:30 – 8:15	<b>Insanity</b>	12:05 – 12:35 12:40 – 12:50 13:05 – 13:35	Dance Fit <b>A Bit of Back - New</b> <b>Circuits - New</b>	17:30 – 18:00 18:05 – 19:00	<b>LBT</b> <b>Flow Yoga</b>
Friday			12:05 – 12:35 12:40 – 12:50 13:05 – 13:35	Quick Spin <b>A Shot of Abs - New</b> <b>Functional Fitness – New (gym floor)</b>		

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