

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 & Back - Strengthen and tone your torso.

Body Conditioning - A variety of resistance exercises to tone your whole body.

Circuits - A station based session incorporating a mix of cardio, toning, strength and core training.

Core Stretch – Improve your daily movement with a mix of core and flexibility exercises

Dance Fit – Come along and express yourself in this fun session!

Full Body Fitness - A mix up of cardio, core and toning exercises that will leave you wide awake!

Functional Fitness – This gym based a session reflects everyday movements.

Hatha Yoga - Consists of sustained poses for improved body alignment and the development of conscious breathing. (Course)

HIIT - A fat burning, calorie busting, muscle toning workout using sharp bursts and low rest!

Insanity – Based on the at home workout, this will push you to your limit. Be prepared to work hard and sweat!

Legs, Bums, Tums - Sculpt legs, tone abs and create buns of steel!

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

Pump - Strength endurance resistance based session using barbells and dumbbells to target specific muscle groups.

Run Club - An outdoor session: To help build running endurance and efficiency. This course will help prepare you for your 10km run.

Spin & Abs - High intensity programme consisting of hill climbs and intense sprints for the experienced participants. Great fat burning exercise class! (Spin & Abs/toning includes core / toning exercises).

Target Toning - Muscle group specific training using weights and body weight.

Technique Time - Educate yourself to improve your understanding of the importance of maintaining good form during exercise.

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

10th September – 19th December

	Time	Morning Class	Time	Lunchtime Class	Time	Afternoon/ Evening Class
Monday			12:10 – 12:40 12:50 - 13:20	Pump Circuits	17:40 – 18:00 18:05 – 18:50	HIIT Spin & Tone - <i>New</i>
Tuesday	7.30 – 8.15	Full Body Workout	12:10 – 12:40 12:50 - 13:20	Insanity Abs & Back	17:40 – 18:00 18:05 – 19:00	Target Toning Mixed Ability Pilates
Wednesday	7.30 – 8.15	Spin & Tone	12:05 – 12:55 13:00 – 13:30	<i>*Hatha Yoga (8 wk course)</i> Body Conditioning	17:40 – 18:00 18:05 – 18:50	Technique Time Pump
Thursday	7:30 – 8:15	HIIT	12:10 – 12:40 12:50 - 13:20 13:10 - 13:40	Dance Fit Circuits- <i>New</i> Run Club	17:40 - 18:10 18:15 – 18.50	LBT Core Stretch – <i>New</i>
Friday			12:10 – 12:40	Functional Fitness - <i>New</i>		

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