

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.

Beach Body A class combining elements of resistance and cardio designed to help burn fat.

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

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

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!

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.

Pedal, Push and Pull A class that combines cycling with resistance based exercises. Get your complete workout with this high intensity session.

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!

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

Target Toning A session using hand /body weight to target specific muscle groups

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

24th July – 15th September 2017

	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 Pedal, Push & Pull
Tuesday	7.30 – 8.15	Core Conditioning	12:05 – 12:55 12:30 – 13:00 13:00 – 13:30	<i>*Hatha Yoga (10 wk course)</i> Running Club (Outdoor) VVT	17:40 – 18:00 18:05 – 18:55	Skip Fit 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	Target Toning Beach Body - New
Thursday	7:30 – 8:15	Insanity - New	12:10 – 12:40 12:50 – 13:20	Cardio Fit Core conditioning - New	17:40 - 18:00 18:05 – 18.55	LBT Flow Yoga
Friday			12:10 – 12:40 12:50 – 13:20	Quick Spin - New Stretch & Relax		