

Montsaye Community Sports Centre

Fitness Classes Timetable



Day	Time	Class	Location	Price
Monday	18:00 – 18:30	Ab Blaster	Dance Studio	£3.95
	18:30 – 19:30	Kettlercise®	Dance Studio	£4.90
	19:30 – 20:00	Insanity	Dance Studio	£3.95
	20:00 – 20:45	Box-Fit	Dance Studio	£4.90
Tuesday	18:00 – 18:30	Express Spin Cycle	Dance Studio	£3.95
	18:45 – 19:30	Pump It!	Dance Studio	£4.90
	19:00 – 19:45	Aqua Aerobics	Swimming Pool	£4.90
	19:30 – 19:50	HIIT the Gym	Gym	FREE*
	19:45 – 20:30	Legs, Bums & Tums	Dance Studio	£4.90
Wednesday	17:00 – 18:00	Pilates	Dance Studio	£4.90
	18:00 – 19:00	Kettlercise® Combat MX	Dance Studio	£4.90
	19:00 – 19:45	Legs, Bums & Tums	Dance Studio	£4.90
	20:00 – 20:30	Express Spin Cycle	Dance Studio	£3.95
Thursday	18:00 – 18:45	Strength & Conditioning	Dance Studio	£4.90
	19:00 – 19:30	Metafit®	Dance Studio	£3.95
	19:00 – 20:00	Aqua Aerobics	Swimming Pool	£4.90
	19:30 – 20:15	Fitness Yoga	Dance Studio	£4.90
Friday	18:00 – 18:20	HIIT the Gym	Gym	FREE*
	18:30 – 19:15	Retrobics	Dance Studio	£4.90
Saturday	09:00 – 10:00	Pilates	Dance Studio	£4.90
	10:00 – 11:00	Kettlercise®	Dance Studio	£4.90

Times and activities are subject to change, please contact reception on 01536 713708 for further information on the classes provided. Classes will run subject to availability. Members are able to pre-book a week in advance by phone, at reception or via the FitSense app. Casual users must provide payment prior to attendance. Terms and conditions apply. *Class only available to members.

Class Descriptions

Insanity – 30-minute, high intensity total body workout, packed with cardio drills, plyometrics, and bodyweight strength moves that help you get lean and strong.

Spin Cycle – A great way to keep fit, burn fat and improve your cardiovascular fitness. Suitable for all levels as you control the resistance

Retrobics – Old skool aerobics with old skool tunes! Keeping the fun in fitness – leg warmers at the ready!

Box-Fit – Based on the training concepts boxers use to keep fit, this class uses a variety of formats and provides a fun, challenging and safe workout.

Yoga-Pilates – A combination of Yoga and Pilates, this class aims to balance mental and physical state to improve general well-being.

Ab Blaster – 30-minute burst to improve your core strength and work those abs!

Kettlercise® – Kettlercise® exercises ranging from basic moves to more advanced techniques. High-energy pulse raisers targeting muscle groups like abs, glutes, arms and thighs, with maximum effectiveness.

Aqua Aerobics – A great all-over workout in the water. The water supports the body, putting less stress on the joints and muscles. Lots of fun for all!

Kettlercise® Combat MX – ‘What do you get when you mix two of the best fat burning classes in the world...?’

Pump It! – An all over workout using weights and barbells to tone and condition the whole body.

Metafit® – The original 30 minute metabolic workout that just keeps working!

Fitness Yoga – a combination of different types of Yoga. A faster pace than traditional Yoga.

Studio Cycling – A 30-minute class that aims to simulate cycle rides on the open roads. Using hill training and speed intervals, this class burns calories fast and help to build stamina and endurance. A great workout and suitable for all levels of fitness.

Core de Force® – This MMA-inspired total body workout uses core conditioning combinations, bodyweight moves and cardio spikes to harness the power of your core and have you feeling like a total badass!

Legs, Bums & Tums – It does what it says on the tin! Working on those favourite “problem” areas.

Strength & Conditioning – This total body workout combines all aspects of fitness – from resistance and weight bearing exercises to aerobic intervals. This is the ultimate class to improve physical performance.

Pilates is a system of physical and mental conditioning that can enhance your physical strength, flexibility, and co-ordination as well as reduce stress, improve mental focus, and foster an improved sense of well-being

HIIT the Gym – A 20 minute HIIT session. Each session is different. A good intro to the gym.