**Montsaye Community Sports Centre - Fitness Class Timetable**

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| Class Descriptions |
| Ab Blaster - 30-minute burst to improve your core strength and work those abs  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!  Boogie Bounce - is a complete exercise programme on mini trampoline, with a safety T-Bar Handle, choreographed to an eclectic mix of tracks from across the Decades. Boogie Bounce delivers a full body cardio workout that is suitable for everyone, all ages, shapes and sizes  Clubbercise® - is a fun full body workout with a banging soundtrack that gets great results. The routines combine dance, toning and combat moves with options to suit all fitness levels. Classes are held in a darkened room with disco lights and our trademark LED glow sticks  Express Spin Cycle - A great way to keep fit, burn fat and improve your cardiovascular fitness. Suitable for all levels as you control the resistance  KETTLERCISE ®- ‘one piece of equipment, one goal’. This program delivers a lean, toned body ............*fat burning just got real simple*.  Metafit® - the original group X HIIT workout. 30 minute, non-choreographed, bodyweight only workouts that set the metabolism on fire, Metafit® works  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  Pump It! - An all over barbell based workout which will tone and condition the whole body.  Zumba ®- Fitness is a Latin-inspired cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere. |

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. Please cancel your booking if you are no longer able to attend the class. \* Terms and conditions apply.

\* Users must be 16 years or older to participate in fitness classes. Please ensure that any medical conditions/injuries are disclosed to the instructor prior to the class.

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| Day | Time | Class | Location | Price |
| Monday | 17:15 - 18:15 | Boogie Bounce® | Dance Studio | £5.10 |
|  | 18:15 – 18:45 | Ab Blaster | Dance Studio | £4.10 |
|  | 18:45 – 19:30 | KETTLERCISE ® | Dance Studio | £5.10 |
| Tuesday | 17:45 – 18:30 | Pump It! | Dance Studio | £5.10 |
|  | 18:35 – 19:05 | Express Spin | Dance Studio | £4.10 |
|  | 19:15 – 20:00 | Pilates | Dance Studio | £5.10 |
|  | 19:15 – 20:00 | Aqua Aerobics | Swimming Pool | £5.10 |
| Wednesday | 17:15 – 18:00 | Zumba® | Dance Studio | £5.10 |
|  | 18:00 – 19:00 | Pilates | Dance Studio | £5.10 |
|  | 19:00 – 20:00 | KETTLERCISE ® | Dance Studio | £5.10 |
| Thursday | 17:25 – 17:55 | Metafit® | Dance Studio | £4.10 |
|  | 18:00 – 18:30 | Express Spin | Dance Studio | £4.10 |
|  | 18:35 – 19:20 | Clubbercise ® | Dance Studio | £5.10 |
| Friday | 18:00 – 18:45 | Zumba® | Dance Studio | £5.10 |
| Saturday | 08:25 – 08:55 | Metafit® | Dance Studio | £4.10 |
|  | 09:00 - 10:00 | Pilates | Dance Studio | £5.10 |