**Montsaye Community Sports Centre**

**Fitness Classes 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  Box-Fit – A cardio based class where you challenge your body. Short burst exercises to increase your heart rate and burn the calories. This is followed by partner work using gloves and pads to work the upper body.  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*.  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 |

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| Day | Time | Class | Location | Price |
| Monday | 17:15 -18:15 | Boogie Bounce® | Dance Studio | £4.90 |
|  | 18:15 – 18:45 | Ab Blaster | Dance Studio | £3.95 |
|  | 18:45 – 19:30 | KETTLERCISE ® | Dance Studio | £4.90 |
| Tuesday | 17:45 – 18:30 | Box-Fit | Dance Studio | £4.90 |
|  | 18:30 – 19:00 | Express Spin | Dance Studio | £3.95 |
|  | 19:05 – 19:50 | Aqua Aerobics | Swimming Pool | £4.90 |
| Wednesday | 18:00 – 19:00 | Pilates | Dance Studio | £4.90 |
|  | 19:00 – 19:45 | KETTLERCISE ® | Dance Studio | £4.90 |
| Thursday | 18:00 – 18:30 | Express Spin | Dance Studio | £3.95 |
|  | 18:45 – 19:45 | Clubbercise ® | Dance Studio | £4.90 |
| Friday |  | No classes |  |  |
| Saturday | 09:00 - 10:00 | Pilates | Dance Studio | £4.90 |
|  | 10:00 – 10:45 | 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.**

**\* 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.**