

### Hatha Yoga

Dynamic Hatha is a form of yoga where traditional poses are linked to each other and the breath to create a flowing sequence. This continuous movement combined with a steady flow of breath develops heat and intensity. This heat promotes flexibility and detoxification. Dynamic Hatha is great for building stamina, improving posture, increasing fitness levels, toning and stress relief. Classes have an emphasis on correct alignment.

### Yin Yoga

Yin Yoga is a gentle but deep practice consisting of long, passive holds in simple postures. It is an excellent complement to all active forms of sport and exercise and is suitable for all levels of experience and flexibility. A perfect way to de-stress, relax and refresh the body and mind.

### Astanga Yoga

A challenging and dynamic style of yoga, involving a continuous set of postures linked together with breathing technique.

### Body Pump

A high-repetition weight training class to music! It will help tone, strengthen and condition the body and assist in weight loss.

### Zumba Fitness

Zumba Fitness® was created in the mid-90s by Colombian native Alberto "Beto" Perez, a celebrity fitness trainer and choreographer for International pop superstars. Inspired by the traditional cumbia, salsa, samba and merengue music he grew up with. Zumba has become one of the fastest-growing, dance-based fitness crazes in the country, with people of all ages falling in love with its infectious music and easy-to-follow dance moves

### Circuits

A challenging circuits class giving you a full body workout, excellent for improving your fitness and strength.

### Pilates

A combination of power, strength, coordination and flexibility to help you improve your posture, body alignment, core strength and total fitness.

### Spinfit

A great cardiovascular workout that uses stationary bikes to vary between resistance & speed accompanied by upbeat music!

### Step

A High/Low impact class using an aerobic routine and step platforms to help you get fit and burn calories.

### Body Attack

- is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!



# CLASS TIMETABLE



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THECITYPOINTCLUB

## MONDAY

Time	Class	Studio	Instructor
12.10 - 12.55	Spinfit	Spin	Joe
12.15 - 13.00	Circuits	1	Sas
13.00 - 13.45	Spinfit	Spin	Joe
13.00 - 13.45	Step	1	Marlena
18.10 - 19.00	Pilates	1	Poi
18.15 - 19.00	Spinfit	Spin	Edyta
19.00 - 21.30	Pole Dancing fff	1	Pole Secrets

## TUESDAY

Time	Class	Studio	Instructor
07.15 - 08.00	Spinfit	Spin	Sophie
12.10 - 12.55	Spinfit	Spin	Marlena
12.15 - 13.00	Box Circuit	1	Sas
13.00 - 13.45	Body pump	1	Marlena
13.00 - 13.45	Beginner Spinfit	Spin	Edyta
18.00 - 19.00	Yin Yoga	1	Joanna
18.15 - 19.00	Spinfit	Spin	Claire
19.00 - 20.00	Astanga Yoga	1	Joanna

## WEDNESDAY

Time	Class	Studio	Instructor
12.10 - 12.55	Spinfit	Spin	Marlena
12.15 - 13.00	Hatha Yoga	1	Joanna
13.00 - 13.45	Body Attack	1	Laura
13.00 - 13.45	Spinfit	Spin	Jason
18.00 - 19.00	Body Pump	1	Edward
18.30 - 19.15	Spinfit	Spin	Sam
19.00 - 20.00	Fight Fit fff	1	Leon
20.00 - 21.45	Wing Chun fff	1	Ahsan

For further information please contact a member of our team using the phone number on the back of this leaflet

## THURSDAY

Time	Class	Studio	Instructor
07.15 - 08.00	Spinfit	Spin	Sophie
12.10 - 12.55	Body Pump	1	Gil
12.10 - 12.55	Spinfit	Spin	Marlena
13.00 - 13.45	Pilates	1	Alix
13.00 - 13.45	Spinfit	Spin	Edyta
18.15 - 19.00	Beginner Spinfit	Spin	Claire
18.00 - 19.00	Zumba	1	Edward
19.00 - 20.00	Fight Fit fff	1	Leon

## FRIDAY

Time	Class	Studio	Instructor
12.00 - 13.00	Astanga Yoga	1	Joanna
12.10 - 12.55	Spinfit	Spin	Joe
13.00 - 13.45	Body Attack	1	Marlena
18.00 - 19.00	Yin Yoga	1	Joanna





## SATURDAY

Time	Class	Studio	Instructor
11.30 - 12.30	Spinfit	Spin	Sam

## SUNDAY

Time	Class	Studio	Instructor
11.00 - 12.00	Spinfit	Spin	Sam

Please note we have colour coded our classes to help choose the best class for you:

	Cardio / Fat Burning
	Toning / Strength
	Holistic
	fff's - see specialist pre payed courses

## Studio & Gym Etiquette

- Arrive before the start of the class- latecomers might not be let in due to health & safety reasons and consideration for others
- If you need to leave the class earlier, please inform your instructor
- Make sure you stay hydrated throughout and after the workout
- Wear comfortable sport clothing
- In the interest of hygiene, please wipe down equipment and mats after use
- Please finish your workout and swimming by 9.30pm on weekdays and 5.30pm on weekends to allow sufficient time for shower and change.

## Fitness Program Reviews

Are you looking for other ways to improve your workout? The Fitness Team can design a program that is tailored to your needs and around your life style to get you remotivated and start seeing results.

Please contact the Fitness Team to arrange your free PROGRAM REVIEW.

## Personal Training Team

Whether you are getting into shape, training for an event or recovering from an injury, a Personal Trainer can help you achieve your goals quickly and effectively.

- Give you the right types of exercise to help you reach your goals
- Help you get the shape you want through exercise, diet and lifestyle changes.
- A more effective use of your time
- More variety to your exercise routine
- Help you feel and stay more motivated

All our Trainers are accredited by the Register of Exercise Professionals and will incorporate all the essential elements to provide you with a safe and effective workout. So if you would like an individual session or train with some friends, please talk to a member of the Personal Training Team. Or contact a member of our PT Team at enquiries@thecitypointclub.co.uk

## Specialised Pre-Pay Courses

- Please ask our Fitness Team about POWER PLATE
- £ Fight Fit - 6 weeks courses £89 members/ £99 non-members. For bookings please contact Leon Kew at leon@fighfit.co.uk
- Pole Dancing - 6 week courses for members and non members (10% discount for members). Please call 0800 043 6006 to book your place