

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 Balance

Is a revolution in mind-body training. A dynamic, fitness to music programme that leaves you feeling relaxed and renewed, BODYBALANCE® combines the best of eastern disciplines, like Yoga and Tai Chi, with popular new methods such as Pilates and Feldenkrais.

Body Conditioning

A total body toning class that uses studio equipment such as dumbbells, bars and resistance bands.

Body Pump / Pump Fx

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

Core & Stretch

An ideal 'after work' class that focuses on building up your core with abdominal and lower back work as well as leading you through a series of stretches for the entire body.

Circuits/Box Circuit

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 and speed accompanied by upbeat music!

Step

A High/Lo 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!

Power Jump

- program developed by Body Systems that provides fitness, high caloric expenditure and improve posture using the mini-trampoline. The songs are explosive and the choreography and simple with a great teaching, allowing you to better reach their potential. Power Jump®! The lesson that will make you a quality leap in your life and boost you toward great results!

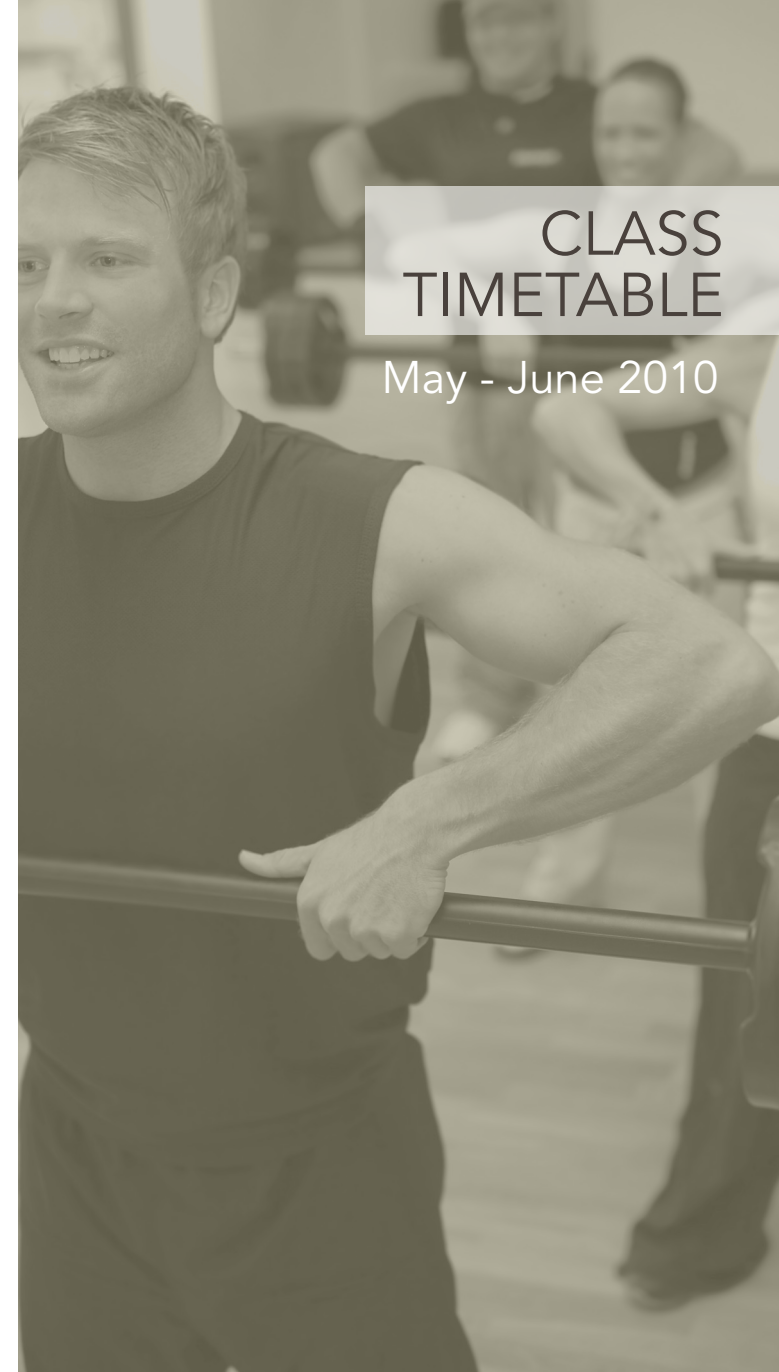
Qigong (or ch'i kung)

is an internal Chinese meditative practice which often uses slow graceful movements and controlled breathing techniques to promote the circulation of qi within the human body, and enhance a practitioner's overall health.

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CLASS TIMETABLE

May - June 2010



THECITYPOINTCLUB

MONDAY				
TIME	CLASS	LEVEL	STUDIO	INSTR.
07.45 - 08.30	Spinfit	Inter	Spin	Katie
12.00 - 13.00	Hatha Yoga	All	2	Anna
12.10 - 12.55	Spinfit	Inter	Spin	Sam
12.15 - 13.00	Circuits	All	1	Sas
13.00 - 13.45	Step	Inter	1	Marlena
13.00 - 13.45	Spinfit	Inter	Spin	Leon
13.00 - 13.45	Pilates	Beginner	2	Marguerite
18.00 - 19.00	Pump Fx	Inter	1	Katie
18.15 - 19.15	Pilates	Inter	2	Poi
18.15 - 19.00	Spinfit	Advance	Spin	Sam
19.00 - 20.30	Pole Dancing	£££	1	Pole Secrets

TUESDAY				
TIME	CLASS	LEVEL	STUDIO	INSTR.
07.15 - 08.00	Spinfit	Inter	Spin	Teressa
12.10 - 12.55	Spinfit	Inter	Spin	Marlena
12.15 - 12.55	Box Circuit	All	1	Sas
12.15 - 13.00	Body Balance	Beginner	2	Sarah
13.00 - 13.45	Body Condition	All	1	Marlena
13.00 - 13.45	Spinfit	Advance	Spin	Edyta
18.00 - 19.00	Yin Yoga	All	2	Joanna
18.15 - 19.00	Spinfit	Inter	Spin	Edyta
19.00 - 20.00	Astanga Yoga	All	2	Joanna

WEDNESDAY				
TIME	CLASS	LEVEL	STUDIO	INSTR.
07.15 - 08.00	Pilates	All	2	Andrea
12.10 - 12.55	Spinfit	Inter	Spin	Marlena
12.15 - 13.00	Body Pump	All	1	Sarah
13.00 - 13.45	Body Attack	All	1	Sarah
13.00 - 13.45	Spinfit	Advance	Spin	Jason
13.15 - 14.15	Hatha Yoga	All	2	Joanna
17.45 - 18.30	Pump Fx	All	1	Katie
18.00 - 19.00	Core&Stretch	All	2	Leroy
18.30 - 19.15	Spinfit	Advance	Spin	Edyta
19.00 - 20.00	Fight Fit £££		1	Leon
19.15 - 20.45	Wing Chun £££		2	Hussan

THURSDAY				
TIME	CLASS	LEVEL	STUDIO	INSTR.
07.15 - 08.00	Spinfit	Advance	Spin	Teressa
07.45 - 08.30	Pilates	Beginner	2	Alix
12.10 - 12.55	Spinfit	Beginner	Spin	Marlena
12.15 - 13.00	Body Pump	All	1	Sarah
13.00 - 13.45	Pilates	Inter	2	Alix
14.00 - 17.00	Krav Maga £££		1	Mike
18.00 - 19.00	Qigong	All	2	Peter
18.15 - 19.00	Spinfit	Inter	Spin	Greg
19.00 - 20.00	Hatha Yoga	All	2	Anna

FRIDAY				
TIME	CLASS	LEVEL	STUDIO	INSTR.
07.15 - 08.00	Spinfit	Advance	Spin	Teressa
12.00 - 12.45	Pilates	Beginner	1	Andrea
12.00 - 13.00	Astanga Yoga	All	2	Joanna
12.10 - 12.55	Spinfit	Inter	Spin	Laura
13.00 - 13.45	Body Pump	All	1	Laura
14.00 - 15.00	Spin Circuit £££		Spin/2	Matt
18.00 - 19.00	Yin Yoga	All	2	Joanna

SATURDAY				
TIME	CLASS	LEVEL	STUDIO	INSTR.
10.15 - 11.15	Circuits	All	1	F. Team
11.30 - 12.30	Spinfit/Ab Attack	Advance	Spin	Sam

SUNDAY				
TIME	CLASS	LEVEL	STUDIO	INSTR.
10.30 - 12.00	Astanga Yoga	Inter	2	Peter
11.00 - 12.00	Spinfit/Ab Attack	Inter	Spin	Sam

Please book for Kinesis Circuit
 £- See specialised Pre-Pay Courses
 £- Please ask the Fitness Team for details
 as the places in the class are limited!

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.