

### Aquacise \*

A pool based fun aerobic workout, that is easy on the joints

### BarreConcept

Low impact workout that tones the thighs, lifts the butt, sculpts the arms and flattens the abs

### Bootcamp

Get down and dirty with this intense workout outside

### Bounce DanceFit

A fun apace fitness class designed to make you fit while you enjoy different styles of dance and music.

### Boxercise

A fantastic way to beat out the stresses of the week, suitable for men and women

### Core&More

Using low-impact exercises to help burn excess fat, sculpt and define your whole body

### Fighting HIIT

High Intensity Interval Training combining boxing and martial art movements

### Fitball & Abs Blast

Improve your stability, body tone and core strength

### FitSteps

A fun way to get fit, learn to dance ballroom and Latin without a partner

### HIIT

Half an hour of High Intensity Interval Training to get you ready for the week.

### Insanity

A hyper-intense, high energy workout combining interval training with building strength, endurance, and balance

### Kettlebell Blitz

Involves the entire body and focuses on endurance, power and dynamic movements

### Legs Bums & Tums Gold

A gentle aerobic class incorporating weights, for the more mature member

### Pilates

Concentrating on core muscles, emphasising balance whilst integrating flexibility and breathing

### Total Body Tone/Pump It Up

A more intense aerobic workout using weights

### TRX

Hundreds of different exercises using suspension training straps, giving a unique workout

### Yoga & (Relax)

Relaxation, meditation and breathing techniques, balancing the mind and body

### Zumba

Combines Latin and international music with a fun and effective workout system



All our classes are available to book online through our portal

<https://app.clubright.co.uk/c/atriumfitness>

Alternatively just give us a call on 01353 668888 to make your booking.

Maybe you have a friend who wants to join in the fun.

We also do a range of class packages for non members which are available to purchase through the portal and in the club.

- Single class - £7.00
- Bronze - 5 classes £30.00
- Silver - 10 classes £50.00
- Gold - 20 classes £80.00
- Diamond - 30 classes £105.00
- Platinum - 40 classes £120.00



## Class Timetable 2019

### Club Opening Times

Monday-Thursday	6.30 am -10 pm
Friday	6.30 am - 9 pm
Saturday & Sunday	8 am - 5 pm
Bank Holidays	8 am - 5 pm

Tel: 01353 668888 [www.atriumclub.com](http://www.atriumclub.com)

## Monday

7.00-7.30	HIIT	Gym Team
8.00-9.00	Pilates	Sophie
9.15-10.15	BarreConcept	Sophie
10.20-11.20	Total Body Tone	Sarah
18.45-20.00	Yoga 75	Helen
20.15-21.00	Kettlebell Blitz	Gym Team

## Tuesday

7.00-7.45	TRX	Gym Team
8.00-9.00	Yoga 60	Helen
9.00-9.45	Fitball & Abs Blast	Gym Team
9.45-10.30	Legs, Bums & Tums Gold	Gym Team
10.30-11.45	Yoga and Relax	Sue
17.00-17.45	FitSteps 45	Nicola
18.45-19.15	TRX HIIT	Gym Team
19.15-20.15	Boxercise	Gym Team
20.15-21.00	FitSteps 45	Nicola

## Wednesday

7.00-7.45	Core&More 45	Jess
8.00-9.00	Pilates	Sophie
10.15-11.15	Pump It Up	Jess
11.30-12.00	Core&More	Jess
13.00-13.30	Aquacise 30*	Aaron
16.45-17.30	Bounce DanceFit	Alice
18.00-19.00	TRX Circuits	Gym Team
18.15-19.00	Aquacise 45*	Nicola
19.00-19.30	Fighting HIIT	Gym Team
20.00-20.30	Insanity Not for the faint hearted	Gym Team

## Thursday

7.00-7.45	TRX	Gym Team
9.15-10.15	BarreConcept	Sophie
10.30-11.45	Yoga 75	Sally/Sue
13.30-14.15	Aquacise 45*	Magda
16.45-17.30	FitSteps 45	Nicola
18.00-19.00	Circuits	Gym Team
19.00-20.00	Zumba	Katie
20.00-20.30	Insanity Not for the faint hearted	Gym Team

## Friday

7.00-7.30	Insanity Not for the faint hearted	Gym Team
8.00-8.45	Fitball & Abs Blast	Gym Team
9.00-9.45	Core&More 45	Jess
10.15-11.15	Circuits	Gym Team
18.30-19.30	Pilates	Sophie

## Saturday

9.00-10.00	Boot Camp	Gym Team
10.00-11.15	Yoga	Helen
11.30-12.30	Fitsteps 60	Nicola

## Sunday

10.00-10.45	Fitball	Gym Team
11.00-11.30	Aquacise 30*	Gym Team

## Spinning

Using static bikes in our dedicated spin studio, our instructors will take you on the ride of your life.

Monday	9.15-09.45	
	17.45-18.15	
	18.30-19.00	
Tuesday	17.45-18.30	
Wednesday	9.15-10.00	
	10.15-10.35	Spintroduction Class
	19.00-19.45	
Thursday	9.15-9.45	
	10.00-10.30	
Friday	17.45-18.30	
Saturday	10.00-10.30	
Sunday	9.00-9.45	

## Spintroduction

Want to try spinning but don't know where to start. Our team will talk you through setting up the spin bike to mastering those hovers and sprints.

## Virtual Spin Classes

Induro Cycling has put a new spin on the indoor cycling workout by utilising amazing soundtracks, virtual instructors, and cycling videos from ALL OVER THE WORLD!

Check out our dedicated Spinning Studio timetable for all our virtual spin classes.

\*Aquacise is not available to Studio or Swim & Gym members.

Please note: Classes are subject to change or cancellation without prior notice.

Class Schedule valid from Dec 2018