

KEEP IN SHAPE FOR SUMMER 2008

HEALTH & FITNESS

We hold a large selection of classes each week - all free to members*

Book at reception or call **020 8950 2283**

MONDAY

Gym Circuits	09.30 - 10.30	G
Fitness Salsa	09.30 - 10.30	
Spin <i>new</i>	09.30 - 10.15	L
Pre & Post Natal	10.30 - 11.30	NM
Prestige Circuits	10.30 - 11.30	
Spin	18.00 - 19.00	L
Spin	19.00 - 20.00	L
Pilates	18.30 - 19.30	
Boxercise	19.30 - 20.30	NM
Yoga	20.30 - 21.45	

TUESDAY

Spin	09.00 - 09.45	L
Yoga	09.45 - 11.15	
Pilates	11.30 - 12.30	
Aerobics	18.15 - 19.15	
Spin	18.30 - 19.15	L
Body Pump <i>2 x Instructors</i>	19.15 - 20.15	

WEDNESDAY

Gym Circuits	09.30 - 10.30	G
Whole Caboodle	09.30 - 10.30	
Pilates (int/adv)	10.30 - 11.30	
Pilates (beg)	11.30 - 12.30	
Pilates/Chi Ball	18.00 - 19.00	
Kick Aerobics	19.00 - 20.00	
Spin	18.30 - 19.00	L
Spin <i>new from 3rd Sep</i>	19.00 - 20.00	L
Absolute Abs	19.15 - 19.45	G

THURSDAY

Spin	09.30 - 10.15	L
Yoga	09.30 - 10.45	
Burn & Tone	10.45 - 11.45	
Body Pump	18.00 - 19.00	
Circuits	19.00 - 20.00	
Spin	19.00 - 19.45	L
Run Club	19.30 - 20.30	

FRIDAY

Absolute Abs	09.30 - 10.30	G
Kick Aerobics	09.30 - 10.30	
Body Pump	10.30 - 11.30	
Chi Ball	11.45 - 12.45	
Fitness Salsa	17.30 - 18.30	
Spin	18.30 - 19.15	

SATURDAY

Hi Lo Aerobics	09.30 - 10.30	
Spin	09.45 - 10.30	L
Absolute Abs	10.00 - 10.30	G
Body Pump	10.30 - 11.30	
Yoga	12.00 - 13.30	

SUNDAY

Spin	09.15 - 10.00	L
Spin	10.10 - 10.55	L
Body Conditioning	10.00 - 11.00	
Body Pump	11.00 - 12.00	

Class takes place in Lobby L

Class takes place in Gym G

Open to Non Members NM

All other classes take place in Dance Studio



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CLASS DESCRIPTIONS

Book at reception or call **020 8950 2283**

ABSOLUTE ABS

Work those abs! Varied class using balls, mats & ab trainers.

AEROBICS

Choreographed routines with hi-lo impact moves to improve cardiovascular.

BOXERCISE (non memb £5.50)

Circuit based class. Most effective cross training programme. Fun, energetic & addictive.

BURN & TONE/WHOLE CABOODLE

All levels aerobics, a touch of step with conditioning.

CHI BALL

Using techniques from Tai Chi, pilates and yoga, large rhythmical movements strengthen and stretch the body. The chi ball is small, soft & infused with oils.

CIRCUITS

All levels but be prepared to work hard! Improve muscle strength, aerobic endurance and stamina in this energetic class.

GYM CIRCUITS

A group-led station workout to increase strength, aerobic fitness and endurance.

FITNESS SALSA

Feel the Latin heat and movement through your body. Burn those calories!

KICK AEROBICS

Combines aerobics with choreographed non-contact kick boxing moves, stances and techniques. *Intermediate & Advanced.*

PILATES

Improves muscle tone, posture, core strength and flexibility. Mat based class with slow controlled moves. *Suitable for beginners.*

BODY PUMP

No co-ordination required we promise! High repetition weight training with simple routines. Improves endurance, shaping and toning.

PRE & POST NATAL (non memb £3.50)

Having a baby or know anyone who is. Great way to meet new people. Bring the babies along too.

SPIN

A group cycling class providing fantastic cardiovascular exercise to music. Work at your own fitness level.

TOTAL BODY CONDITIONING.

Using a range of exercises, exercubes & hand weights you work every part of your body.

YOGA

Improve posture, breathing, co-ordination and well-being.

PLEASE NOTE:

The warm up is vital to prevent injuries. Please ensure you arrive to participate in the full warm up. If you arrive late, you may not be able to take part.

Please drink plenty of water to avoid dehydration. Please don't bring glass bottles into the studio.

Should you be unable to attend a class, please give as much notice as possible. If you do not cancel and cannot attend, you may not be allowed to book for the following week. allowed to book for the following week.

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