



CHARTHAM PARK

GROUP FITNESS PROGRAMME - MAY TO AUGUST 2014

www.charthampark.com

Tel: 01342 870 340

Times	Studio	7.00 - 8.55	9.00 - 9.55	9.30 - 10.25	10.30 - 11.25	11.30 - 12.25	12.00 - 13.00	13.00 - 18.00	18.00 - 18.55	19.00 - 19.55	20.00 - 21.15
MON	1		Ab Attack 9.00 - 9.25	Body Combat	Body Pump Tech 10.15-10.30 Body Pump	Zumba Gold 11.40 - 12.25	Gliding Fitness 12.35 - 13.05		Total Body Workout 18.15 - 19.00	Boxercise 19.10 - 20.05	Body Pump 20.15 - 21.15
	2			Body Balance	Yoga	Pilates	Pilates 12.30 - 13.25	New to Yoga 13.30 - 14.30	Yoga 18.10 - 19.05	Abs Attack 19.10 - 19.40	Tai Chi 19.45 - 20.40
	3 & Pool	Spin 6.45 - 7.30	Aqua 9.30 - 10.15	Spin 9.30- 10.15	Aqua 10.20-11.00	Spin 10.30 - 11.15	Express Spin 12.00 - 12.30			Spin 18.15 - 19.00	Endurance Spin 19.15 - 20.15
TUES	1		Fightklub 9.00 - 9.55	Body Conditioning 10.00 - 10.55	Zumba 11.00 - 11.45		Zumba Step 12.00 - 12.45		Club Dance 18.10 - 19.05	Body Pump Tech 19.10-19.25 Body Pump 19.30 - 20.25	
	2		Pilates on the Ball	Total Body Workout 10.00 - 10.55	Pilates 11.00 - 11.55		Yoga & Meditation 12.00 - 13.30		Yoga & Meditation 18.00 - 19.25	Functional Circuits 19.30 - 20.25	
	3 & Pool	Spin 8.45 - 9.25	Aqua 9.15 - 10.00	Spin 9.35 - 10.20	Aqua 10.10-10.55			Spin 13.00 - 13.45	Spin 17.40 - 18.25	Spin 18.30 - 19.15	Spin 19.45 - 20.30
WEDS	1	Kettlecise 8.45 - 9.30		Club Dance	Body Conditioning 10.30 - 11.15	Stretch 11.20 - 11.50	Tai Chi 12.00 - 12.55	Body Pump 13.00 - 13.45	Body Conditioning 18.05 - 18.55	Zumba 19.00 - 19.45	Body Combat 20.00 - 20.55
	2			Yoga & Meditation 9.30 - 10.55	Pilates 11.00 - 11.55		Body Balance 12.00 - 12.55		Body Balance 18.25 - 19.25	Pilates 19.30 - 20.25	
	3 & Pool	Spin 6.45 - 7.30	Express Spin 9.00 - 9.25	Spin 9.30 - 10.15	Spin 10.30 - 11.15			Aqua 13.15 - 14.00	Spin 18.15 - 19.00	Spin 19.15 - 20.00	
THUR	1		Zumba 9.15 - 9.55	Body Combat 10.00 - 10.55	Kettlecise 11.00 - 11.50				Fightklub 18.15 - 19.00	Body Pump 19.20 - 20.20	
	2	Run Club 9.15 - 10.15	Prime Movers 9.00 - 9.55	Pilates 10.00 - 10.55	Body Balance 11.00 - 11.55		Yoga 12.00 - 12.55	Shakti Yoga Dance 13.00 - 13.55	Kettlecise 18.00 - 18.50	Kettlecise 19.00 - 19.50	Yoga & Meditation 20.00 - 21.30
	3 & Pool		Spin 9.15 - 9.55	Spin 10.00 - 10.45	Aqua 10.15-11.00				Low Energy Spin 17.45 - 18.30	Spin 18.35 - 19.20	Aqua 18.45 - 19.30
FRI	1		Body Pump	Step 10.05 - 11.00	Fightklub 11.05 - 11.50		Strictly Dance 12.00 - 12.55		Zumba 18.00 - 18.45		
	2		Pilates	Yoga 10.00 - 10.55	Body Conditioning 11.05 - 12.00		Pilates 12.05 - 13.00	Pilates 13.05 - 14.00	Pilates 18.30 - 19.25		
	3 & Pool	Spin 6.45 - 7.30	Spin 9.10 - 9.55	Aqua 9.30 - 10.15	Spin 10.10 - 10.55			Spin 13.00 - 13.45	Spin 18.30 - 19.15		
SAT	1		Body Combat 8.45 - 9.25	Boxercise	Body Pump						
	2			Body Blitz	Yoga	Pilates					
	3		Express Spin 9.00 - 9.25	Endurance Spin							
SUN	1			Body Pump 9.10 - 10.10	Total Body Workout 10.15 - 11.15						
	2	Pilates Technique 8.45 - 9.00	Pilates 9.00 - 10.00	New to Yoga 10.15 - 11.15				Yoga 17.00-18.00			
	3		Spin 9.25 - 10.10	Spin 10.15 - 11.00					Spin 18.00 - 18.45		

*Members must book a 15 minute studio technique session for spin & body pump before attending their first class. This session can be booked in the Gym at a time suitable for you.

Bookings can be made up to six days in advance of the class, in person or by telephone or online. Numbers are limited. Please make every effort to cancel your classes online or via the club reception.

Book online at: www.charthampark.com

Outdoor Classes - please wear appropriate attire to suit weather conditions

Chartham Park Class Descriptions	DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS	
	BODY BLITZ	55mins	high & low intensity cardio & resistant workout	avg. 600 kcals	dumbbells, bodyweight, height adjustable step	the latest inspirational and motivational tunes	improves heart & lung fitness increases muscle strength and tone
	TOTAL BODY WORKOUT	55mins	high & low intensity cardio & resistant workout	avg. 500 kcals	dumbbells & step	the latest inspirational & motivational tunes	improves heart & lung fitness improves muscle strength & tone
	STEP	55mins	step based cardio	avg. 600 kcals	height adjustable step	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body
	GLIDING FITNESS	30mins	conditioning	avg. 250 kcals	mat, gliding discs	motivating tunes	conditions upper and lower body improving core stability
	BODY COMBAT	55mins	martial arts inspired cardio	avg. 740 kcals	none	the latest fun & funky tunes	tones & shapes, increases strength & endurance, builds self confidence
	FIGHTKLUB	55mins	combat inspired	up to 650 kcals	freestanding punchbag	highly energetic and strongly motivational tunes	increases heart & lung fitness improves muscle tone & coordination
	PILATES	55mins	holistic	avg. 390 kcals	mat	relaxing & calming music	increases core strength, mobility & flexibility
	STRETCH	55mins	flexibility, mobility & strength	avg. 200 kcals	mat	relaxing & calming music	improves flexibility & mobility focuses on relaxation through stretch
	TAI CHI	55mins	martial arts inspired holistic	avg. 200 kcals	mat	relaxing & calming music	reduces stress, improves balance & general mobility, increases muscle strength in the legs
	YOGA	60/90mins	variety of yoga styles	up to 300 kcals	yoga mat	relaxing & calming music	increases core strength
	BODY BALANCE	55mins	inspired by yoga, tai chi & pilates	avg. 390 kcals	yoga mat optional	soulful, calming & inspiring	improves joint flexibility & range of motion tones & shapes, enhances well being
	FUNCTIONAL CIRCUITS	45mins	cardio & conditioning	avg. 500 kcals	ViPR, kettle bell & BOSU	motivating tunes	improves total body strength and heart & lung fitness
	ABS ATTACK	30mins	conditioning	avg. 150 kcals	mat, hand weight & soft ball	upbeat & motivating	improves core stability and conditions abs
	BODY CONDITIONING	55mins	conditioning	avg. 500 kcals	hand weights, steps & mat	motivating tunes	improves muscle strength upper & lower back and heart & lung fitness
	BODY PUMP	55mins	weight based resistant training	avg. 560 kcals	barbell, plate, & height adjustable step	latest hard hitting & inspiring tunes	increases strength & endurance, tones & shapes, helps maintain bone health
	BOXERCISE	55mins	cardio & conditioning	avg. 650 kcals	box gloves, mitts steps & mat	highly motivating tunes	increases heart & lung fitness, increases upper body and core strength
	KETTLECISE	55mins	conditioning	avg. 550 kcals	kettlebells & mat	upbeat tunes	improves upper & lower muscle strength and heart & lung fitness
	PRIME MOVERS	55mins	low impact cardio & strength	avg. 300 kcals	resistance tubes, exercise balls and mats	upbeat	low-impact, whole body workout improves cardio fitness, improves core strength
	SPIN	45/55mins	cardio group cycling	avg. 600 kcals	indoor stationary exercise bike	upbeat & motivating tunes taking you on a cycle journey	improves heart & lung fitness, increases strength & endurance
	ZUMBA	45/55mins	dance inspired cardio	avg. 450 kcals	none	latin inspired fitness party	increase heart & lung fitness, improves muscle tone & coordination, increases energy
	CLUB DANCE	55mins	low impact cardio	up to 500 kcals	none	dance music of all styles, from Dirty Dancing to the latest floor fillers	improves coordination & cardiovascular fitness, gives you the feel of being in a dancing group
	STRICTLY DANCE	55mins	low impact cardio	avg. 300 kcals	none	west end tunes	improves coordination, improves cardio fitness, increases confidence
	SHAKTI YOGA DANCE	55mins	yoga dance cardio	avg. 300 kcals	mat	upbeat eastern tunes	improves flexibility & coordination
	RUN CLUB	60mins	outside group cardio workout	avg. 700 kcals	outdoor wear	none	improves endurance improves heart & lung fitness
	HOTSPOTS	a fantastic opportunity to try new classes allowing flexibility for a variety of classes, especially the addition of the new classes to the timetable. Please check the booking system for class availability.					