



GROUP FITNESS PROGRAMME - SEPTEMBER TO DECEMBER 2018

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 - 15.00	14.00 - 18.00	18.00 - 18.55	19.00 - 19.55	20.00 - 21.15	
MON	1		Ab Attack 9.00 - 9.25	Body Combat 9.30 - 10.10	<small>Body Pump Tech 10.15-10.30</small> Body Pump	LBT 11.30 - 12.10	Zumba Gold 12.15 - 13.00	Barre Concept 14.05 - 15.00	Kettlecise 17.30 - 18.10	Total Body Workout 18.15 - 18.55	Boxercise	Body Pump 20.00 - 20.55	
	2		Pilates 9.30 - 10.10	Body Balance 10.15 - 10.55	Yoga 11.00 - 11.55		Pilates 12.00-12.40	Pilates 12.45-13.25	Yoga 13.30-14.30	Pilates 17.00-17.55	Yoga	Abs Attack 19.05 - 19.35	Yoga 19.40 - 20.35
	3 & Pool	Group Cycle 6.45 - 7.30	<small>Group Cycle</small> 8.45-9.25	Aqua 9.30-10.15	Group Cycle 9.30- 10.10	Group Cycle 10.15 - 11.00			Group Cycle & Abs 13.00 - 13.45		Group Cycle 18.15 - 19.00	Group Cycle 19.15 - 20.00	
TUES	1	HIIT 9.00 - 9.25	Body Attack 9.30 - 10.10	Body Conditioning 10.15 - 10.55	Zumba 11.00 - 11.40	Adult Ballet 11.45 - 12.45		Stability Ball Conditioning 13.50 - 14.45		LBT 17.30 - 18.10	Club Dance 18.15 - 19.10	<small>Body Pump Tech 19.15-19.30</small> Body Pump 19.30-20.25	
	2		Body Balance 9.30 - 10.10	Pilates on the Ball 10.15 - 10.55	Prime Movers 11.00 - 11.40	Pilates 11.45 - 12.25	Yoga & Meditation 12.30 - 14.00	Basically Yoga 14.00 - 15.00			Yoga & Meditation 18.00 - 19.25	<small>Body Conditioning Circuit</small> 19.30 - 20.25	
	3 & Pool	<small>Group Cycle</small> 6.45-7.30	<small>Group Cycle</small> 8.45-9.25	Aqua 9.15 - 10.00	<small>Group Cycle</small> 9.30-10.10	<small>Group Cycle</small> 10.15-11.00	Aqua 10.10-10.55		Group Cycle 13.00 - 13.45	Group Cycle 17.40 - 18.25	<small>Aqua</small> 18.15-19.00	<small>Group Cycle</small> 18.30 - 19.15	Group Cycle 19.30 - 20.15
WEDS	1	Ab Attack 8.30 - 8.55	HIIT 9.00-9.25	<small>Body Pump</small> 9.30-10.10	Club Dance 10.15 - 11.10	Body Conditioning 11.15 - 11.55	Stretch 12.00 - 12.30		Body Pump 13.00 - 13.45	Zumba 17.30 - 18.10	LBT 18.15 - 18.55	Body Combat 19.00 - 19.55	
	2	Kettlecise 8.45 - 9.25			Yoga & Meditation 9.30 - 10.55	Fitness Yoga 11.00 - 11.55		Pilates 12.00 - 12.55	Pure Flow 13.00 - 13.55		Body Balance	Pilates 19.00- 19.55	
	3 & Pool	Group Cycle 6.45 - 7.30	<small>Express Group Cycle</small> 9.00 - 9.25	Aqua 9.15-10.00	<small>Group Cycle</small> 9.30-10.10	<small>Aqua</small> 10.10-10.55	Group Cycle 10.30 - 11.15		Aqua 13.15 - 14.00		Group Cycle 18.15 - 19.00	Group Cycle 19.15 - 20.00	
THUR	1	Run Club 9.30 - 10.30	Ab Attack 9.00 - 9.25	LBT 9.30 - 10.10	<small>Body Combat</small> 10.15 - 11.10	Prime Movers 11.15 - 11.55	PiYo 12.00 - 12.55	<small>Body Attack</small> 13.00-13.30	<small>Paracise</small> 13.30-14.15		Barre Concept	Body Pump 19.00 - 19.55	
	2		Basically Yoga 9.15 - 10.10	Body Balance 10.15 - 10.55	Pilates 11.00 - 11.55		Yoga 12.00 - 12.55				Kettlecise	PiYo	Yoga & Meditation 20.00 - 21.30
	3 & Pool	<small>Group Cycle</small> 6.45 - 7.30	<small>Group Cycle</small> 8.45 - 9.25	Group Cycle 9.30 - 10.10	Group Cycle 10.15 - 11.00			Aqua 12.30 - 13.15		<small>Low Energy Group Cycle</small> 17.45 - 18.30		Group Cycle 18.40 - 19.25	Group Cycle 19.35 - 20.20
FRI	1	HIIT 9.00 - 9.25	Body Attack 9.30 - 10.10	Body Pump 10.15 - 11.15		Strictly Dance 12.05 - 13.00					Zumba 18.00 - 18.45		
	2	Pilates 8.45 - 9.40	Stretch 9.45 - 10.10	Yoga 10.15 - 11.10	Body Balance 11.15 - 11.55		Pilates 12.00 - 12.55	Pilates 13.00 - 13.55	Yoga 14.00 - 14.55	Pilates			
	3 & Pool	Group Cycle 6.45-7.30	<small>Group Cycle</small> 8.45 - 9.25	Aqua 9.15-10.00	<small>Group Cycle</small> 9.30-10.10	<small>Group Cycle</small> 10.15-11.00	Aqua 10.10-10.55		<small>Gym Body</small> 13.00-13.30	<small>Group Cycle</small> 13.00-13.45			
SAT	1	Box Circuit 8.45 - 9.25	Body Combat 9.30 - 10.10	Body Pump 10.15 - 11.15									
	2	Kettlecise 8.45 - 9.25	PiYo 9.30 - 10.10	Body Balance 10.15 - 11.10				Yoga 13.00-13.55					
	3	HIIT Group Cycle 8.45 - 9.25			Group Cycle 9.30-10.10	Group Cycle 10.15 - 11.00							
SUN	1			Body Pump 9.30 - 10.25	Total Body Workout 10.30 - 11.25								
	2		Body Balance 9.00 - 10.00		Yoga 10.30 - 11.25	Yoga 11.30 - 12.25			Yoga 18.00 - 19.00				
	3		Group Cycle 9.30- 10.10	Group Cycle 10.15 - 11.00					Group Cycle 17.30 - 18.15				

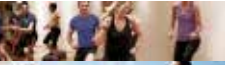



















*Members must book a 15 minute studio technique session for Group Cycle & body pump before attending their first class. This session can be booked in the Gym at a time suitable for you.

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.

Please note all classes are for all abilities to attend. Instructors will give alternatives and adaptations to exercises to suit all levels. Please inform your instructor if you are new to a class. Prior to classes commencing you must please check in at Reception. The Club reserves the right to substitute instructors and change class and times, when and if the need arises.

Chartham Park Class Descriptions		DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS
	TOTAL BODY WORKOUT	55mins	cardio & conditioning	up to 500 kcals	weights	upbeat & motivating tunes	improves heart & lung fitness improves muscle strength & tone
	BODY ATTACK	45mins	sports-inspired cardio	up to 735 kcals	none	the latest fun & hard hitting tunes	improves agility, coordination, strength endurance & cardio fitness
	BODY COMBAT	55mins	martial arts inspired cardio	up to 735 kcals	none	the latest hard hitting tunes	improves strength & endurance, balance & cardio fitness
	LEGS, BUMS & TUMS	45mins	conditioning	up to 500 kcals	mat & weights	upbeat & motivating tunes to tone the body	improves coordination, cardio fitness & tones the body
	PILATES	55mins	holistic	up to 350 kcals	mat	relaxing & calming music	improves core strength, mobility & flexibility
	PURE FLOW	55mins	holistic	up to 300 kcals	none	soft background music	benefits body & mind
	STRETCH	30mins	flexibility, mobility & strength	up to 200 kcals	mat	relaxing & calming music	improves flexibility & mobility focuses on relaxation through stretch
	YOGA	45/60/90mins	variety of yoga styles	up to 300 kcals	yoga mat	relaxing & calming music	increases core strength, mobility & flexibility
	BODY BALANCE	45/55mins	inspired by yoga, tai chi & pilates	up to 390 kcals	yoga mat optional	soulful, calming & inspiring	improves joint flexibility & range of motion tones & shapes, enhances well being
	BASICALLY YOGA	55mins	holistic	up to 200 kcals	yoga mat	relaxing	Yoga for beginners and those wanting to improve their technique and the flow of one move to another
	STABILITY BALL CONDITIONING	55mins	flexibility, mobility & strength	up to 300 kcals	mat & stability ball	relaxing & calming music	improves muscle tone & strength focusing on the abdominals & back muscles
	BODY CONDITIONING CIRCUIT	55mins	core circuit training	up to 400 kcals	BOSUs, Swiss Balls, Mats	upbeat & motivating	improves muscle strength & cardio fitness
	ABS ATTACK	30mins	conditioning	up to 150 kcals	functional kit	upbeat & motivating	improves core stability and conditions abs
	BODY CONDITIONING	45/55mins	conditioning	up to 500 kcals	hand weights, steps & mat	motivating tunes	improves muscle strength upper & lower back and heart & lung fitness
	BODY PUMP	45/55mins	weight based resistant training	up to 560 kcals	barbell, plate, & height adjustable step	latest hard hitting & inspiring tunes	increases strength & endurance, tones & shapes, helps maintain bone health
	BOX CIRCUITS	45mins	cardio & conditioning	up to 500 kcals	gloves, pads, steps	upbeat tunes	increases upper & lower body strength while maximising heart & lung fitness
	KETTLECISE	45/55mins	conditioning	up to 550 kcals	kettlebells & mat	upbeat tunes	improves upper & lower body strength & cardio fitness
	HIIT	25mins	high intensity interval training	up to 450 kcals	mat	high energy, inspirational and motivating	targets all major muscle groups to burn body fat, increase strength and metabolic rate
	PRIME MOVERS	45mins	low impact cardio & strength	up to 350 kcals	resistance tubes, exercise balls and mats	upbeat	improves mobility, cardio fitness & muscle tone
	GROUP CYCLE	30/45mins	cardio group cycling	up to 600 kcals	indoor stationary exercise bike	motivating tunes that take you on a cycle experience	improves cardio fitness, muscle strength & endurance
	ZUMBA	45mins	dance inspired cardio	up to 450 kcals	none	latin inspired fitness party	improves coordination, cardio fitness & tones the body
	ZUMBA GOLD	45mins	low Impact dance inspired cardio	up to 300 kcals	none	zesty latin music	improves coordination, cardio fitness & tones the body
	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
	PIYO	55mins	dynamic infusion of pilates & yoga	up to 450 kcals	no weights & no jump	motivating tunes	improves muscle tone & flexibility
	PARACISE	Gentle on joints yet effectively designed to improve posture, balance, mobility and flexibility.					