




# FITNESS CLASS TIMETABLE

DAY	TIME	FITNESS CLASS	LOCATION	COST
MONDAY	9:30 AM - 10:30 AM	AQUAFIT*	POOL	£4.80
	6:00 PM - 6:30 PM	FATBURN EXTREME	SCHOOL	£4.80
	6:00 PM - 6:45 PM	TORQUE	SCHOOL	£4.80
	6:30 PM - 7:30 PM	PIYO BALANCE	SCHOOL	£4.80
TUESDAY	6:45 AM - 7:30 AM	TORQUE	SCHOOL	£4.80
	10:00 AM - 11:00 AM	PIYO BALANCE	MOAT CENTRE	£4.80
	6:00 PM - 7:00 PM	KETTLEBELLS	SCHOOL	£4.80
WEDNESDAY	12:45 PM - 1:45 PM	SUPER 60S <small>NEW</small>	MOAT CENTRE	£3.30
	6:00 PM - 7:00 PM	AQUAFIT*	POOL	£4.80
	6:00 PM - 7:00 PM	XTREME CIRCUITS	SCHOOL	£4.80
THURSDAY	6:45 AM - 7:30 AM	TORQUE	SCHOOL	£4.80
	6:00 PM - 6:30 PM	TORQUE EXPRESS <small>NEW</small>	SCHOOL	£4.80
	6:00 PM - 6:30 PM	FATBURN EXTREME <small>NEW</small>	SCHOOL	£4.80
	6:30 PM - 7:15 PM	CORE STABILITY <small>NEW</small>	SCHOOL	£4.80
FRIDAY	09:30AM - 10:30AM	AQUAFIT*	POOL	£4.80
	6:00 PM - 6:30 PM	TORQUE EXPRESS <small>NEW</small>	SCHOOL	£4.80
	6:00 PM - 7:00 PM	HATTON BOXING	SCHOOL	£4.80
SATURDAY	10:00 AM - 11:00 AM	TORQUE ENDURANCE	SCHOOL	£4.80

**BOOKING INFORMATION** Please contact reception on **01700 504300** to book a class or to enquire about membership. All classes must be booked and paid for in advance of attending the class.

\* Due to safety there is a maximum number of 30 allowed in the pool. No admittance will be given if the maximum has been achieved.

**FITNESS SUITE HOURS** MON 7:30AM - 8PM TUE 7:30AM - 8PM WED 7:30AM - 8PM THU 7:30AM - 8PM FRI 7:30AM - 8PM SAT 10AM - 5PM SUN 10AM - 3PM

CLASS	DESCRIPTION	DURATION	LEVEL	CALORIES <sup>†</sup>
	PROVIDING AN INTENSE CARDIO WORKOUT WHILE STILL CATERING TO PARTICIPANTS OF ALL FITNESS LEVELS.	45 MINS	HIGH	600 AVERAGE
	HATTON BOXING IS FOR ANYONE 16+ AND OF ANY FITNESS LEVEL. GET FIGHTING FIT.	60 MINS	HIGH	500 AVERAGE
<b>KETTLE BELLS</b>	AMAZING CARDIOVASCULAR & STRENGTH TRAINING WORKOUT.	60 MINS	MODERATE	500 AVERAGE
	COMBINES TRADITIONAL AND NON TRADITIONAL BODYWEIGHT EXERCISES WITH RESISTANCE TRAINING.	60 MINS	HIGH	650 AVERAGE
	30 MINUTE, MAXIMAL INTENSITY WORKOUT WITH NO DICTATED REST PERIODS.	30 MINS	HIGH	450 AVERAGE
	COMBINES THE NATURAL RESISTANCE OF WATER WITH MANY DIFFERENT EXERCISES.	60 MINS	ANY	300 AVERAGE
	COMBINES THE BENEFITS OF PILATES WITH THE STRENGTH AND FLEXIBILITY ADVANTAGES OF YOGA.	60 MINS	LOW	350 AVERAGE
	AN INTENSE CARDIO WORKOUT WHILE STILL CATERING TO PARTICIPANTS OF ALL FITNESS LEVELS.	30 MINS	HIGH	400 AVERAGE
	INTENSE CARDIO WORKOUT WHILE STILL CATERING TO PARTICIPANTS OF ALL FITNESS LEVELS WITH THE USE OF THE RESISTANCE LEVER.	60 MINS	HIGH	700 AVERAGE
<b>CORE STABILITY</b>	WORKING THE MAIN CORE STABILITY MUSCLES: TRANSVERSE, ABDOMINALS, ERECTOR SPINAE, MULTIFIDUS, OBLIQUES & PELVIC FLOOR MUSCLES.	45 MINS	ANY	315 AVERAGE
	LOW IMPACT EXERCISE TO MUSIC CLASS WITH A GREAT SOCIAL ASPECT.	60 MINS	LOW	315 AVERAGE

<sup>†</sup> The calorific burn rate of each class above is based on average results. Individual results may vary.



GET YOUR ALL FACILITY  
 FITNESS MEMBERSHIP **NOW!**

ONLY **£40.65** PER MONTH



FREE  
 FITNESS  
 CLASSES

Based on a single, adult membership paid monthly by direct debit. Other membership types are available. Please ask at reception.