

# Fitness Class Descriptions



# Fitness Studio Timetable

## **AERO BLAST:**

Full-body cardio workout designed to challenge and shape your butt and thighs while improving athletic performance.

## **AQUA AEROBICS:**

A low impact class using floats and woggles.

## **BALLET FITNESS:**

Back by popular demand. An exercise class based on classical ballet, yoga and mat pilates.

## **BODY CONDITIONING:**

A good mix of aerobics and resistance exercises to condition the whole body.

## **BODY ROCKER ABS AND CORE/ ABS AND CORE BLAST:**

Mat-based exercises to really target the abdominal, back and core muscles.

## **BODY ROCKER CIRCUITS:**

An interval mix of cardio and resistance exercises.

## **BODY ROCKER PUMP:**

An interval style weight training class.

## **BOOT CAMP CIRCUITS:**

A high intensity circuit training class.

## **CORE MOBILITY:**

Mat based exercises to strengthen the core and back

## **CORE STABILITY/CORE PILATES:**

Exercises using a stability ball to work on core strength and posture.

## **HARD CORE:**

Exercising the muscles around the core, working toward a stronger body and a better posture.

## **HIIT CIRCUITS:**

Using barbell, weight plate, step and body weight exercises, Hiit Circuits is designed to target all major muscle groups while challenging your cardio endurance.

## **HIIT REVOLUTION:**

A quick and hard style of training that returns rapid results with minimal joint impact.

## **INTERVAL CYCLING:**

A studio cycling class using set periods of work and rest.

## **STUDIO TERMS & CONDITIONS:**

Classes must be booked in advance. Classes are available to book seven days in advance. Failure to attend a class that you are booked onto will result in booking rights being revoked for one week. To avoid this, please ensure that you sign into your class before entering the studio.

## **JUNIOR FITNESS:**

A fitness class for juniors aged eight to fourteen. Please book your place at Reception.

## **JUNIOR GYM:**

Juniors aged eight and upwards can join their parents/guardians in the Fitness Suite. Juniors must be supervised by an adult at all times and book in at Reception.

## **KEISER CYCLING:**

An indoor cycling class set to music.

## **KETTLEBELL TRAINING:**

In this class members will learn how to do various Kettlebell exercises and get a full body all over workout. I will start the class with some technique and warm up exercises before we put those exercises together to create a workout. It is suitable for all levels and members that want to learn more kettlebell exercises and how to do them correctly.

## **LEGS, ABS AND CARDIO CLASS:**

An interval based class with a mix of cardio and resistance exercises.

## **LEGS, BUMS AND TUMS:**

Using body weight exercises and various pieces of equipment to give the lower body a good workout.

## **PRESS AND LIFT:**

A low impact weight training class to strengthen the whole body.

## **TABATA TRAINING:**

A high intensity class using the interval method of 20 secs work, 10 secs rest.

## **FITBALL:**

A low impact class with aerobic exercises on a swiss-ball.

## **PILATES:**

Traditional Mat-work Pilates.

## **TABATA TRAINING:**

An around the room style Circuit class

## **YOGA:**

Traditional yoga poses with relation at the end of the class.

## **ZUMBA:**

A fun dance fitness class.



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# Fitness Studio Programme

High Intensity

Medium Intensity

Low Intensity

Virtual

Monday	<b>Cycling Circuits</b> 6:45am 7:30am Alex	<b>Yoga</b> 7:45am 8:15am Virtual	<b>Ballet Fitness</b> 9:30am 10:30am Birmingham Royal Ballet Trainer	<b>Legs, Bums &amp; Tums</b> 10:30am 11:30am Jade	<b>Core &amp; Back Care</b> 11:30am 12:15pm Alex	<b>Body Conditioning</b> 12:30pm 1:30pm Maxine	<b>Yoga Vinyasa</b> 3:00pm 3:45pm Virtual	<b>Abs &amp; Core Blast</b> 4:00pm 4:18pm Virtual	<b>Power Cycling</b> 6:00pm 6:45pm Mike	<b>Kombat</b> 7:00pm 7:45pm Mike	<b>Dynamic Hatha Yoga</b> 7:55pm 8:55pm Jannette	<b>Video Cycling</b> 9:05pm 9:50pm Mike
Tuesday	<b>Body Rocker Pump</b> 6:45am 7:30am Alex	<b>Body Rocker Circuits</b> 9:15am 9:50am Alex	<b>Keiser Cycling</b> 10:00am 10:45am Gurj	<b>Core Stability</b> 11:00am 12:00pm Lee	<b>Core Mobility</b> 12:00pm 12:45pm Gurj	<b>Vinyasa Hatha Yoga</b> 4:00pm 5:00pm Zak	<b>Fitball</b> 5:15pm 6:00pm Lisa	<b>Pilates</b> 6:00pm 7:00pm Mary	<b>Interval Cycling</b> 7:00pm 7:45pm Lisa	<b>AeroBlast</b> 7:45pm 8:30pm Mike	<b>Power Cycling</b> 8:45pm 9:45pm Mike	
Wednesday	<b>Boot Camp Circuits</b> 6:45am 7:30am Gurj	<b>Dynamic Hatha Yoga</b> 7:35am 8:35am Jannette	<b>Core &amp; Back Care</b> 9:30am 10:15am Gurj	<b>Body Conditioning</b> 10:15am 11:15am Maxine	<b>Keiser Cycling</b> 11:30am 1:15pm Jade	<b>Vinyasa Hatha Yoga</b> 12:30pm 1:30pm Zak	<b>Effective Pilates</b> 4:15pm 4:57pm Virtual	<b>Kettlebell Training</b> 5:10pm 5:50pm Lisa	<b>Legs, Abs &amp; Cardio</b> 6:15pm 7:00pm Alex	<b>Press &amp; Lift</b> 7:00pm 7:45pm Lisa	<b>Keiser Cycling</b> 8:00pm 8:45pm Lisa	
Thursday	<b>Tabata Satellite Circuits</b> 6:40am 7:30am Rich	<b>Power Cycling</b> 7:45am 8:30am Mike	<b>Beginner Yoga</b> 8:45am 9:16pm Virtual	<b>HIIT Circuits</b> 9:30am 10:30am Mike	<b>Hard Core</b> 10:30am 10:50am Mike	<b>Vinyasa Hatha Yoga</b> 11:00am 12:00pm Zak	<b>Full Body HIIT</b> 5:00pm 5:25pm Virtual	<b>Cycling Circuits</b> 6:15pm 7:00pm Gurj	<b>Body Conditioning</b> 7:00pm 7:45pm Jade	<b>Zumba</b> 7:45pm 8:15pm Jade	<b>DDMIX</b> 8:15pm 8:45pm Jade	
Friday	<b>Power Cycling</b> 6:45am 7:30am Mike	<b>Power Cycling</b> 7:45am 8:15am Mike	<b>Core Pilates</b> 8:45am 9:30am Lee	<b>Core Pilates</b> 9:45am 10:30am Lee	<b>Tabata Training</b> 10:35am 11:05am Lisa	<b>Press &amp; Lift</b> 11:05am 11:50am Mike	<b>Abs and Core Blaster</b> 5:00pm 5:28pm Virtual	<b>Keiser Cycling</b> 6:00pm 6:45pm Alex	<b>Yoga 1</b> 7:00pm 7:47pm Virtual			
Saturday	<b>Tabata Training</b> 8:15am 8:45am Fitness Team	<b>Keiser Cycling</b> 9:00am 9:45am Fitness Team	<b>Boot Camp</b> 10:00am 10:45am Fitness Team	<b>Abs &amp; Core</b> 11:00am 11:30am Fitness Team	<b>Stretch &amp; Relax</b> 11:45am 12:11pm Virtual	<b>Tabata Full Body Circuits</b> 2:30pm 3:00pm Fitness Team	<b>Yoga 1</b> 3:15pm 4:02pm Virtual	<b>Teen Interval Cycling</b> 4:15pm 4:45pm Fitness Team	<b>Keiser Cycle Power</b> 5:00pm 5:30pm Virtual	<b>Keiser Cycle Strength</b> 5:45pm 6:15pm Virtual	<b>Effective Pilates 2</b> 6:30pm 7:17pm Virtual	
Sunday	<b>HIIT Circuits</b> 9:00am 9:35am Fitness Team	<b>Keiser Cycling</b> 9:45am 10:30am Fitness Team	<b>Keiser Cycling</b> 10:45am 11:30am Hannah	<b>Abs &amp; Core</b> 11:45am 12:15pm Hannah	<b>Yoga</b> 12:30pm 1:30pm Dinah	<b>Hard Core</b> 1:35pm 2:00pm Mike	<b>Parent &amp; Child Kombat</b> 2:00pm 3:00pm Mike	<b>Core Pilates</b> 3:00pm 4:00pm Lee	<b>Keiser Cycling Experience</b> 4:30pm 5:00pm Virtual	<b>Keiser Cycle Power</b> 5:15pm 5:45pm Virtual	<b>Pilates</b> 6:00pm 6:34pm Virtual	

## Aqua Aerobics

**Monday**  
9:30am - 10:15am Lisa  
6:15pm - 7:00pm Ben

**Thursday**  
9:15am - 10:00am Ben

**Friday**  
9:30am - 10:15am Lisa

## Junior Sessions

**Saturday**  
Junior Fitness 12:30pm - 1:30pm Dave  
Junior Gym 2:00pm - 3:00pm Adult Supervision

**Sunday**  
Junior Gym 12:30pm - 1:30pm Adult Supervision  
Junior Gym 2:00pm - 3:00pm Adult Supervision