

# 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:**

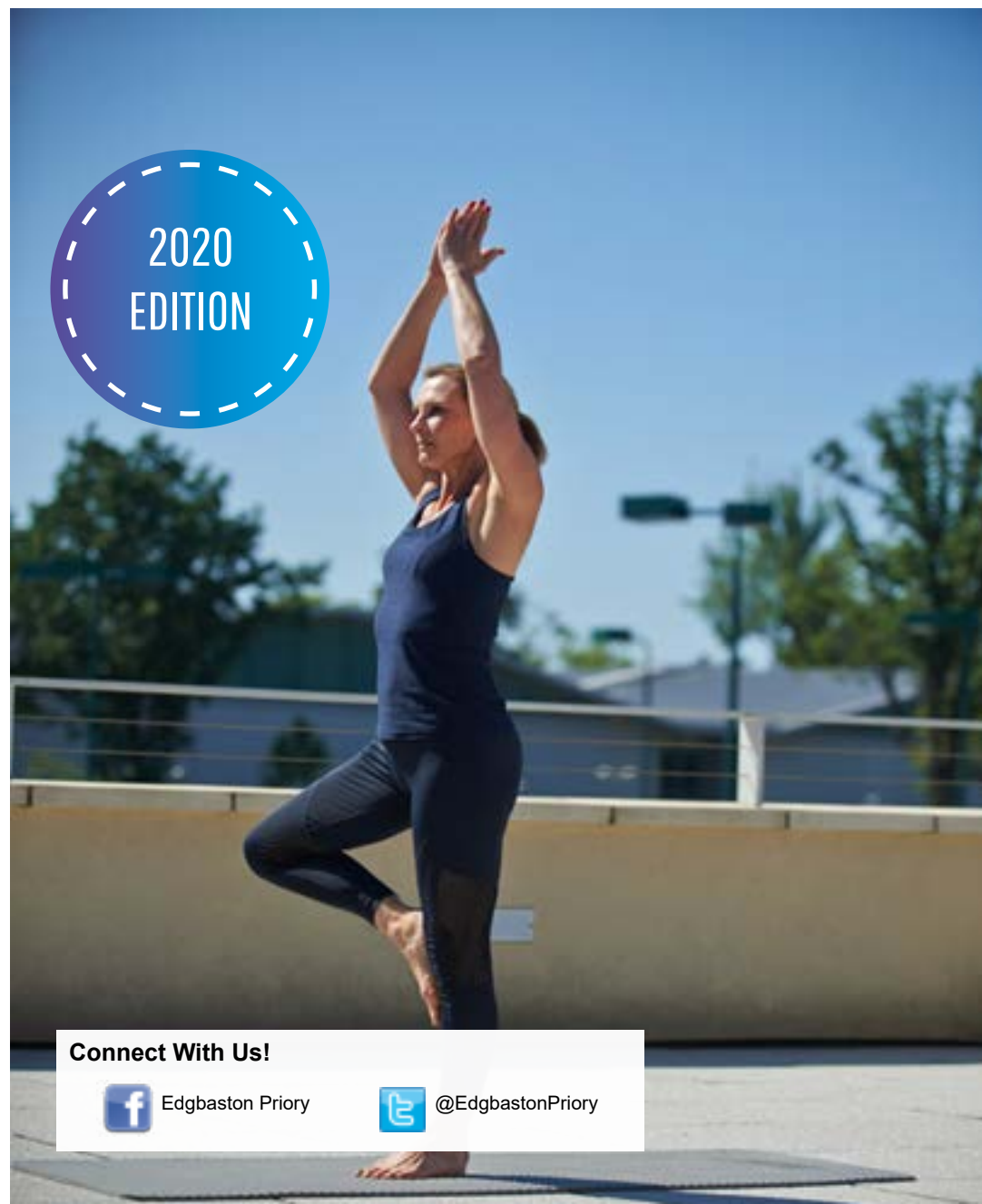
An around the room style Circuit class

## **YOGA:**

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

## **ZUMBA:**

A fun dance fitness class.



## **Connect With Us!**



Edgbaston Priory



@EdgbastonPriory



# Fitness Studio Programme

Monday	<b>CYCLING CIRCUITS</b> 6:45am 7:30am <i>Alex</i>	<b>YOGA</b> 7:45am 8:15am <i>Virtual</i>	<b>BALLET FITNESS</b> 9:30am 10:30am <i>BRB</i>	<b>LEGS, BUMS &amp; TUMS</b> 10:30am 11:30am <i>Jade</i>	<b>CORE &amp; BACK CARE</b> 11:30am 12:15pm <i>Alex</i>	<b>BODY CONDITIONING</b> 12:30pm 1:30pm <i>Maxine</i>	<b>YOGA VINYASA</b> 3:00pm 3:45pm <i>Virtual</i>	<b>YOGA</b> 4:40pm 5:40pm <i>Laura</i>	<b>POWER CYCLING</b> 6:00pm 6:45pm <i>Mike</i>	<b>BOOT CAMP CIRCUITS</b> 7:05pm 7:50pm <i>Bernie</i>	<b>DYNAMIC HATHA YOGA</b> 7:55pm 8:55pm <i>Jannette</i>
Tuesday	<b>BODY ROCKER PUMP</b> 6:45am 7:30am <i>Alex</i>	<b>BODY ROCKER CIRCUITS</b> 9:15am 9:50am <i>Alex</i>	<b>KEISER CYCLING</b> 10:00am 10:45am <i>Gurj</i>	<b>CORE STABILITY</b> 11:00am 12:00pm <i>Lee</i>	<b>CORE MOBILITY</b> 12:00pm 12:45pm <i>Gurj</i>	<b>VINYASA HATHA YOGA</b> 4:00pm 5:00pm <i>Zak</i>	<b>FITBALL</b> 5:15pm 6:00pm <i>Lisa</i>	<b>PILATES</b> 6:00pm 7:00pm <i>Mary</i>	<b>INTERVAL CYCLING</b> 7:00pm 7:45pm <i>Lisa</i>		
Wednesday	<b>BOOT CAMP CIRCUITS</b> 6:45am 7:30am <i>Gurj</i>	<b>YOGA</b> 7:35am 8:35am <i>Jannette</i>	<b>CORE &amp; BACK CARE</b> 9:30am 10:15am <i>Gurj</i>	<b>BODY CONDITIONING</b> 10:15am 11:15am <i>Maxine</i>	<b>KEISER CYCLING</b> 11:30am 1:15pm <i>Jade</i>	<b>VINYASA HATHA YOGA</b> 12:30pm 1:30pm <i>Zak</i>	<b>EFFECTIVE PILATES</b> 4:15pm 4:57pm <i>Virtual</i>	<b>LEGS, ABS &amp; CARDIO</b> 6:15pm 7:00pm <i>Alex</i>	<b>PRESS &amp; LIFT</b> 7:00pm 7:45pm <i>Lisa</i>	<b>KEISER CYCLING</b> 8:00pm 8:45pm <i>Lisa</i>	
Thursday	<b>TABATA SATELLITE CIRCUITS</b> 6:40am 7:30am <i>Rich</i>	<b>POWER CYCLING</b> 7:45am 8:30am <i>Mike</i>	<b>HIIT CIRCUITS</b> 9:30am 10:30am <i>Mike</i>	<b>HARD CORE</b> 10:30am 10:50am <i>Mike</i>	<b>VINYASA HATHA YOGA</b> 11:00am 12:00pm <i>Zak</i>	<b>CYCLING CIRCUITS</b> 6:15pm 7:00pm <i>Gurj</i>	<b>BODY CONDITIONING</b> 7:00pm 7:45pm <i>Jade</i>	<b>ZUMBA</b> 7:45pm 8:15pm <i>Jade</i>			
Friday	<b>VIDEO CYCLING</b> 6:45am 7:30am <i>Mike</i>	<b>POWER CYCLING</b> 7:45am 8:15am <i>Mike</i>	<b>CORE PILATES</b> 8:45am 9:30am <i>Lee</i>	<b>CORE PILATES</b> 9:45am 10:30am <i>Lee</i>	<b>TABATA TRAINING</b> 10:35am 11:05am <i>Lisa</i>	<b>PRESS &amp; LIFT</b> 11:05am 11:50am <i>Mike</i>	<b>ABS AND CORE BLASTER</b> 5:00pm 5:28pm <i>Virtual</i>	<b>KEISER CYCLING</b> 6:00pm 6:45pm <i>Alex</i>	<b>YOGA</b> 7:00pm 7:47pm <i>Virtual</i>		
Saturday	<b>TABATA TRAINING</b> 8:15am 8:45am <i>Fitness Team</i>	<b>KEISER CYCLING</b> 9:00am 9:45am <i>Fitness Team</i>	<b>BOOT CAMP</b> 10:00am 10:45am <i>Fitness Team</i>	<b>ABS &amp; CORE</b> 11:00am 11:30am <i>Fitness Team</i>	<b>STRETCH &amp; RELAX</b> 11:45am 12:11pm <i>Virtual</i>	<b>TABATA FULL BODY CIRCUITS</b> 2:30pm 3:00pm <i>Fitness Team</i>	<b>POWER CYCLING</b> 4:15pm 5:15pm <i>Mike</i>	<b>KEISER CYCLE STRENGTH</b> 5:45pm 6:15pm <i>Virtual</i>	<b>EFFECTIVE PILATES</b> 6:30pm 7:17pm <i>Virtual</i>		
Sunday	<b>HIIT CIRCUITS</b> 9:00am 9:35am <i>Fitness Team</i>	<b>VIDEO CYCLING</b> 9:45am 10:30am <i>Mike</i>	<b>VIDEO CYCLING</b> 10:45am 11:30am <i>Mike</i>	<b>ABS &amp; CORE</b> 11:45am 12:15pm <i>Bernie</i>	<b>YOGA</b> 12:30pm 1:30pm <i>Dinah</i>	<b>CORE PILATES</b> 3:00pm 4:00pm <i>Lee</i>	<b>KEISER CYCLING EXPERIENCE</b> 4:30pm 5:00pm <i>Virtual</i>	<b>KEISER CYCLE POWER</b> 5:15pm 5:45pm <i>Virtual</i>	<b>PILATES</b> 6:00pm 6:34pm <i>Virtual</i>		

## 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*