

VIDEO CYCLING

A music based indoor cycling class with pop videos on the big screen.

INTELLIGENT SPRINT ●LIVE

An intense half hour HIIT indoor cycle session using power output from the Keiser bikes to set and challenge your fitness level.

BODY PUMP™ ●LIVE

THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.

LES MILLS CORE & CXWORX™ ●LIVE

A short, sharp, intense, hugely effective 30-minute workout. Consisting of a variety of exercises that both isolate and integrate muscles in and around your abs, back and butt, CXWORX™ is proven to be more effective than other traditional core-training classes.

HIIT STRENGTH ●LIVE

Interval training style resistance workout using dumbbells/plates and resistance bands. Good for toning and strengthening. Suitable for all levels of fitness.

CORE MOBILITY ●LIVE

A mat based class to strengthen the core and back, stabilising muscles and mobilising joints to increase mobility. Suitable for all levels of fitness.

BARBELL CIRCUITS ●LIVE

A full body workout using just a weighted barbell for a strength based class. Good for strengthening and toning.

ABS BLAST ●LIVE

A 30 minute workout targeting the abs and core muscles from various angles.

CORE AND BACK CARE ●LIVE

Our core and back care class is targeted at people that are interested in working on mobility and strengthening the muscles of the core and back. This is a low intensity class.

LOW IMPACT CARDIO ●LIVE

A fun aerobic class without the jumping! Good music and fun moves. Great cardio and easy on the joints.

HATHA YOGA FLOW

A varied yoga class taking you through a gentle meditation followed by asana practice and relaxation.

There are also on demand classes available at EPC@Home accessed via the members area of the website. Please visit www.edgbastonpriory.com

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.

Connect With Us!



EPCLifestyle



EdgbastonPriory

RESTORATIVE YOGA

Healing on a physical, mental, emotional and spiritual level. Releases tension in the mind and body through long held poses designed for support and comfort.

WAKE UP & STRETCH

A gentle standing yoga based stretch class to wake up the body and mobilise the joints. Great for all levels of ability and fitness.

THERAPEUTIC YOGA

A back and joint friendly class with options at different levels. This is a slower paced class with balance, strength, stability relaxation. Beginner and intermediate level.

MOBILITY AND BACK CARE ●LIVE

A mat based class with stretches and mobility work to take care of the whole body particularly the back. Great for any level of ability and fitness.

CORE- "BALL" STABILITY

A low impact class using stability balls for a variety of exercises targeting core stability, balance and flexibility. This class is suitable for any levels of fitness and ability.

HIIT ●LIVE

Full body workout, using a mixture of Bodyweight and resistance. High work to low rest ratio to lift the heart rate and fatigue muscles.

BANDS AND BODY WEIGHT CIRCUITS ●LIVE

A circuit based class targeting the whole body using both body weight and resistance bands for a high/medium intensity workout. Work to your own level of fitness with options to modify the workout to suit your needs.

LEGS, ABS & CARDIO ●LIVE

A circuit based take on a Legs, Bums and Tums class. A mix of resistance and body weight mixed conditioning exercises. Good for lower body/core strength and toning with some cardio in the mix.

AQUA AEROBICS

Water aerobics, also known as aqua aerobics, uses the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning exercises.

BODY CONDITIONING ●LIVE

A challenging workout designed to improve your CV fitness and body shape using a variety of equipment and exercises followed by some abdominal exercises. This class is suitable for all levels and abilities.



EDGBASTON
PRIORY CLUB

GROUP FITNESS TIMETABLE 2020 EDITION

Our fitness classes cater for all levels of ability and allow for different levels within classes too. Our instructors will also tailor the exercises to your level. Classes are broken down into:

- Cardio
- Cycling
- Strength and toning
- Low impact and Relaxation
- Mixed Conditioning

Fitness classes during Covid-19

- Please ensure you sanitise your hands before you enter and leave fitness classes
- Avoid touching your face during workouts
- Avoid face to face contact
- Please clean any equipment before and after use, using the spray and cloths provided
- Do not share equipment during classes
- Bring your own mat wherever possible
- Please ensure that before and after classes you are not meeting in groups of more than six people, in line with government guidance

FITNESS CLASS DESCRIPTIONS

●LIVE These classes are live streamed

BODY ATTACK™ ●LIVE

A high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

LES MILLS GRIT™ STRENGTH ●LIVE

A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.

LES MILLS GRIT™ ATHLETIC ●LIVE

A 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body.

LES MILLS GRIT™ CARDIO ●LIVE

A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximises calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

INTELLIGENT CYCLING ●LIVE

Delivers a truly unique and meaningful training experience by blending the latest immersive, AI-powered VR graphics with engaging training content to challenge all levels of fitness.

BOOTCAMP ●LIVE

Workout your entire body with cardio, lower body, upper body and core exercises.

KEISER CYCLING






A cycling based group fitness class set to the beat of the music.

Fitness Studio Programme

MORNING

EVENING

Monday	LES MILLS GRIT 6:45am 7:15am <i>Mike</i>	INTELLIGENT SPRINT 7:30am 8:00am <i>Mike</i>	LES MILLS CORE/CX WORK 8:15am 8:55am <i>Mike</i>	LES MILLS BODY PUMP 9:30am 10:15am <i>Mike</i>	AQUA 9:30am 10:15am <i>Lisa</i>	INTELLIGENT CYCLING 10:30am 11:15am <i>Mike</i>	LOW IMPACT CARDIO 11:30am 12:15pm <i>Lisa</i>	TENNIS BOOKINGS	HATHA YOGA FLOW INTERMEDIATE 4:30pm 5:30pm <i>Laura</i>	INTELLIGENT CYCLING 6:00pm 6:45pm <i>Bernie</i>	BOOT CAMP 7:00pm 7:45pm <i>Gurj</i>
Tuesday	BANDS & BODYWEIGHT 6:45am 7:15am <i>Alex</i>	RESTORATIVE YOGA* 7:00am 8:00am <i>Laura</i>	LES MILLS BODY PUMP 7:30am 8:00am <i>Mike</i>	LES MILLS BODY COMBAT 9:30am 10:15am <i>Mike</i>	BARBELL CIRCUITS 10:30am 11:15am <i>Alex</i>	CORE MOBILITY 11:30am 12:15pm <i>Gurj</i>	TENNIS BOOKINGS		LES MILLS BODY ATTACK 6:00pm 6:45pm <i>Mike</i>	BODY CONDITIONING 7:00pm 7:45pm <i>Lisa</i>	
Wednesday	CYCLING CIRCUITS 6:45am 7:30am <i>Gurj</i>	HIIT STRENGTH 9:30am 10:15am <i>Gurj</i>	AQUA 9:30am 10:15am <i>Lisa</i>	BODY CONDITIONING 10:30am 11:15am <i>Lisa</i>	THERAPEUTIC YOGA 11:30am 12:30am <i>Laura</i>	CORE-"BALL" STABILITY 12:45am 1:30pm <i>Lisa</i>	TENNIS BOOKINGS		LES MILLS BODY PUMP 6:00pm 6:45pm <i>Bernie</i>	LEGS, ABS & CARDIO 7:00pm 7:45pm <i>Alex</i>	
Thursday	LES MILLS GRIT 6:45am 7:15am <i>Mike</i>	WAKE UP, MOBILITY & STRETCH* 7:00am 7:45am <i>Lisa</i>	INTELLIGENT SPRINT 7:30am 8:00am <i>Mike</i>	LES MILLS CORE/CX WORK 8:15am 8:55am <i>Mike</i>	LES MILLS BODY ATTACK 9:30am 10:15am <i>Mike</i>	AQUA 9:30am 10:15am <i>Fran</i>	LES MILLS BODY PUMP 10:30am 11:15am <i>Mike</i>	CORE & BACK CARE 11:30am 12:15pm <i>Alex</i>	TENNIS BOOKINGS	CYCLING CIRCUITS 6:00pm 6:45pm <i>Gurj</i>	LES MILLS BODYCOMBAT 7:00pm 7:45pm <i>Bernie</i>
Friday	VIDEO CYCLING 6:45am 7:30am <i>Mike</i>	LES MILLS CORE/CX WORK 7:45am 8:25am <i>Mike</i>	LES MILLS BODY PUMP 9:30am 10:15am <i>Mike</i>	AQUA 9:30am 10:15am <i>Bernie</i>	INTELLIGENT CYCLING BEGINNER 10:30am 11:15am <i>Mike</i>	LOW IMPACT CARDIO 11:30am 12:15pm <i>Bernie</i>	TENNIS BOOKINGS		KEISER CYCLING 6:00pm 6:45pm <i>Alex</i>		
Saturday	LES MILLS BODY COMBAT 8:00am 8:45am <i>Mike</i>	LES MILLS BODY PUMP 9:00am 10:00am <i>Mike</i>	INTELLIGENT CYCLING 10:30am 11:15am <i>Mike</i>	LES MILLS CORE/CX WORK 12:00pm 12:40pm <i>Mike</i>	INTELLIGENT CYCLING 1:00pm 2:00pm <i>Mike</i>	TENNIS BOOKINGS					
Sunday	HIIT 9:00am 9:30am <i>Bernie</i>	INTELLIGENT CYCLING 10:00am 10:45am <i>Bernie</i>	ABS BLAST 11:00am 11:30am <i>Alex/Gurj</i>	MOBILITY & BACK CARE 12:00pm 12:45pm <i>Alex/Gurj</i>	TENNIS BOOKINGS						

-  **CARDIO**
-  **CYCLING**
-  **STRENGTH & TONING**
-  **LOW IMPACT & RELAXATION**
-  **MIXED CONDITIONING**

*THESE CLASSES WILL TAKE PLACE ON SQUASH COURTS 5 & 6

JUNIOR SESSIONS

SATURDAY

<i>Junior Gym</i> 12:30pm - 1:30pm Adult Supervision	<i>Junior Gym</i> 2:00pm - 3:00pm Adult Supervision
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SUNDAY

<i>Junior Gym</i> 12:30pm - 1:30pm Adult Supervision	<i>Junior Gym</i> 2:00pm - 3:00pm Adult Supervision
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