



# ALIVE & WELL

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THE CENTRE, BIRCHWOOD PARK, WARRINGTON. WA3 6AT

## studio timetable

FROM 01<sup>ST</sup> MARCH 2007

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## CLASS DESCRIPTIONS

**BODY PUMP:** THE ULTIMATE BODY CONDITIONING CLASS. SUITABLE FOR MALES AND FEMALES, BURN FAT WHILE TONING THOSE MUSCLES – A MUST CLASS FOR EVERYONE!

**BODY COMBAT:** AN ADRENALINE-PUMPING, NON-CONTACT CLASS, TAKING THE BEST OF BOXING, KARATE, KICK BOXING AND TAI CHI – A FUN CLASS FOR ALL LEVELS!

**SPIN:** A 30 / 45 MINUTE CYCLE WORKOUT IN THE GYM. GET READY FOR THE RIDE OF YOUR LIFE!

**RUNNING CLUB:** PROVING TO BE VERY POPULAR WITH BEGINNERS AND EXPERIENCED RUNNERS, THE ALIVE & WELL RUNNING CLUB OPERATES IN THE MONTHS FROM APRIL – SEPTEMBER.

**AB ATTACK:** A 30 MINUTE CLASS TOTAL DEDICATED TO FIRING UP THOSE ABDOMINALS.

**YOGA:** IMPROVE BOTH YOUR POSTURE AND FLEXIBILITY WITH THIS POPULAR FORM OF EXERCISE. YOU'LL ALSO LEARN TO GAIN BALANCE, AND RELEASE YOUR ENERGIES!

**PILATES:** MAT-BASED WORKOUT, AIMING TO BUILD STRENGTH, ESPECIALLY AROUND THE CORE AREA – A GREAT MIND AND BODY WORKOUT!

**BLT:** A GREAT TONING CLASS TO TARGET THOSE LEGS, BUMS AND TUMS, USING A VARIETY OF EQUIPMENT INCLUDING LIGHT WEIGHTS AND RESISTANCE BANDS.

**STABILITY BALL:** TONE AND STRENGTHEN YOUR CORE MUSCLES USING THE FIT BALLS – FUN AND VARIED!

**BODY BLAST:** CHALLENGE YOUR BODY BY TRAINING AT VARIOUS STATIONS, USING BOTH CARDIOVASCULAR AND TONING EXERCISES - BURN CALORIES THE QUICKEST WAY POSSIBLE!

- A BOOKING SYSTEM IS IN OPERATION FOR THE CLASSES, AND THEY CAN BE BOOKED 7 DAYS IN ADVANCE.
- IF FOR ANY REASON YOU CANNOT ATTEND THE CLASS, YOU MUST RING THE CLUB IMMEDIATELY TO INFORM US. PLEASE MAKE SURE THAT YOU CANCEL YOUR CLASS IF YOU CANNOT MAKE IT FOR WHATEVER REASON. MORE THAN 3 'NO-SHOWS' WITHOUT PRIOR CANCELLATION WILL RESULT IN A £10.00 FINE – THANK YOU.

PLEASE NOTE THAT ALL CLASSES REQUIRE A MINIMUM OF 3 PEOPLE TO GO AHEAD

**ALL INSTRUCTORS ARE FULLY QUALIFIED, AND THEY ARE DEDICATED TO KEEPING YOU TOTALLY MOTIVATED AND WORKING HARD. WE WELCOME YOUR FEEDBACK IN RELATION TO THIS TIMETABLE, SO IF YOU HAVE ANY COMMENTS OR SUGGESTIONS, THEN PLEASE LET US KNOW.**

## **MONDAY**

12.15-12.45pm  
Spin (Craig)  
12.50-1.20pm  
Body Pump (Craig)

5.30-6.30pm  
Body Combat (Kelly)  
6.00-6.30pm  
Spin (Mark)  
6.30-7.00pm  
Spin (Mark)  
7.00-7.30pm  
Body Pump (Kelly)  
7.30-8.30pm  
Pilates (Mark)

## **TUESDAY**

12.15-12.45pm  
Aerobics (Kelly)  
12.50-1.20pm  
BLT (Kelly)

5.30-6.30pm  
Body Pump (Craig)  
6.30-7.15pm  
Stability Ball (Craig)  
7.15-8.00pm  
Spin Club (Craig)

## **WEDNESDAY**

12.15-12.45pm  
Spin (Staff)  
12.50-1.20pm  
Body Blast (Staff)

5.30-6.30pm  
Step (Kelly)  
6.30-7.15pm  
Spin (Paul)  
6.30-7.30pm  
Body Combat (Kelly)  
7.30-8.30pm  
Pilates (Mark)

## **THURSDAY**

12.15-12.45pm  
Body Pump (M / C)  
12.50-1.20pm  
Stability Ball (M / C)

6.00-6.30pm  
Ab Attack (Staff)  
6.00-6.30pm  
Beginners Spin (Staff)  
6.30-7.30pm  
Body Pump (Staff)  
7.30-9.00pm  
Yoga (Gill)

## **FRIDAY**

12.15-12.45pm  
Body Pump (M / C)  
12.50- 1.20pm  
Spin (M / C)

6.00 - 7.00pm  
Body Pump (Staff)

## **SATURDAY**

10.30-11.30am  
Body Pump (Staff)

## **SUNDAY**

10.30-11.30am  
Body Pump / Circuit (Staff)