

# DEVON HILLS CLASS TIMETABLE

To book your place call 01803 666935

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30-10.00am <b>LEGS</b> Tiff	6:30-7.00am <b>REPS &amp; SETS</b> Tiff	6.30-7.00am <b>FITT</b> Tiff	6.30-7.00am <b>INDOOR CYCLING</b> Tiff	9.30-10.15am <b>KETTLE BELLS</b> Tiff	9.00-9.45am <b>RESISTANCE BAND</b> Tiff	9.30-10.00am <b>INDOOR CYCLING</b> Tiff
10.15-11.00am <b>CORE CONDITIONING</b> Robson	9.30-10.15am <b>RESISTANCE BAND</b> Tiff	9.30-10.15am <b>STRENGTH &amp; CONDITIONING</b> Tiff	9.30-10.00am <b>BOXFIT</b> Tiff	10.30-11.30am <b>PILATES</b> Tamsin		
11.30am-12.00pm <b>AQUA FIT</b> Tiff	11.15am-12.15pm <b>YOGALATES</b> Nina	10.30-11.30am <b>PILATES</b> Tamsin	11.00am-12.30pm <b>HATHA YOGA</b> Jane	12.00-12.45pm <b>AQUA FIT</b> Nikola		
6.00-6.30pm <b>INDOOR CYCLING</b> Tiff	6.00-6.30pm <b>KETTLE BELLS</b> Tiff	12.30-1.00pm <b>AQUA FIT</b> Tiff	6.00-6.30pm <b>STRENGTH &amp; CONDITIONING</b> Tiff	6.00-6.45pm <b>REPS &amp; SETS</b> Tiff		
6.45-7.15pm <b>BOXFIT</b> Tiff	6.45-7.15pm <b>INDOOR CYCLING</b> Tiff	5.00-6.00pm <b>VINYASA YOGA</b> Nina	7.00-8.30pm <b>HATHA YOGA</b> Jane	7.00-8.00pm <b>ZUMBA</b> Sara		
7.30-8.30pm <b>PILATES</b> Tamsin	7.30-8.30pm <b>ZUMBA</b> Sara	6.15-6.45pm <b>INDOOR CYCLING</b> Tiff				

**DANCE**

**CARDIO**

**BODY & SOUL**

**STRENGTH & CONDITIONING**

All classes MUST be PRE-BOOKED, are subject to availability and may be cancelled or postponed without prior warning.

## **AQUA FIT**

Great for everyone and anyone – yes, even non-swimmers! A full body toning and conditioning workout. Strengthen your heart and your lungs whilst improving endurance and stamina. This is also a great class to burn those calories.

## **BOXFIT**

An epic class for anyone who wants to hit their training hard! Get lean and toned, improve your cardio health and strength, as well as learning some new self-defence skills. Learn basic to advanced boxing combinations using gloves and pad work.

## **CIRCUITS**

Perfect for anyone who wants a fun and fast paced class. A great lower body workout with a variety of cardio and strength training exercises. Using minimal rest maximising your workout time. Working with a combination of cardio and weights, performing each exercise in timed succession before moving on. Have an awesome workout with a bunch of fun people.

## **FITT**

A fast, high intensity workout that requires only your body weight as resistance.

## **HATHA YOGA**

This class concentrates on physical health and mental well-being. Hatha Yoga uses bodily postures (asanas), breathing techniques (pranayama), and meditation techniques (dyana) with the goal of bringing about a sound, healthy body and a clear, peaceful mind.

## **INDOOR CYCLING**

Perfect for anyone who wants to blast their cardio, this class will burn through hundreds of calories, pushing yourself to your limits, keeping you in control. It will also help to improve your fitness levels with a great body conditioning workout.

## **KETTLEBELLS**

Want to add a swing to your workout routine? This is a perfect class for new ideas. Kettlebells will work your whole body in one workout. A great combination of cardio and weight training, building strength and stamina.

## **LEGS**

Excellent for anyone who wants to focus on those infamous trouble spots. Tone and sculpt your legs, bum and tum! A fantastic mix of fun and fitness whilst developing your cardio fitness

## **PILATES**

Perfect for all abilities. Stretch, tone and condition your whole body. Bring your body and mind into a state of harmony. Bend, stretch and strengthen.

## **STRENGTH & CONDITIONING**

Targets muscle groups using barbells, dumbbells and more, helping to increase your muscular endurance, strength and flexibility.

## **VINYASA FLOW YOGA**

A dynamic style of yoga excellent for improving strength, tone and flexibility evenly throughout the body. Classes are fun and uplifting; the intention is that you leave a session feeling revitalised and physically toned, with a greater sense of mental and bodily wellbeing.

## **YOGALATES**

Combines the best of both yoga and Pilates with positive effects on the body and mind. Suitable for all levels as exercises are adapted to the individual.

## **ZUMBA**

The perfect class for everyone and anyone but especially those who want to make a party out of their workout, which will give you a great energy boost. A total body workout combining fitness and flexibility whilst developing your co-ordination.

## **REPS AND SETS**

Reps & Sets is a great way to lift, tone, and build muscle. This class uses all kinds of weights to help you sculpt and define your body.

## **RESISTANCE BAND CLASS**

Full body conditioning class using resistance bands to sculpt and tone. The different strength bands are chosen for the individual to work at their own level against their own strength in a functional work-out.

### **Opening Times**

	<b>Gym</b>	<b>Swimming Pool Sauna &amp; Steam Room</b>
<b>Monday - Friday</b>	<b>6.30am-9pm</b>	<b>6.30am-9am Adults Only 9am-7pm All Age Groups 7pm-8.30pm Adults Only</b>
<b>Saturday-Sunday</b>	<b>8am-6.30pm</b>	<b>8am-9am Adults Only 9am-6pm All Age Groups</b>