








# AUTUMN/WINTER GROUP FITNESS TIMETABLE

## CLASS BOOKINGS:

To book your class, please visit the My Wellness App. Members can book up to 8 days in advance.

## PLEASE NOTE:

Please continue to sanitise equipment in a timely manner. Please be mindful of congestion when waiting for your class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 7:00 - 7:45 	Spin 9:15 - 10:00 	HIIT 7:00 - 7:45 	LBT 9:30 - 10:30 	Spin 7:00 - 7:45 	Spin 8:00 - 9:00 	Body Pump 9:15 - 10:15 
Stability Ball 8:45 - 9:30 	LBT 10:15 - 11:00 	Spin 9:15 - 9:45 	Run Club 9:30 - 10:30 	Stability Ball 8:45 - 9:30 	HIIT 9:00 - 9:45 	Body Balance 10:30 - 11:30 
Spin 9:30 - 10:15 	HIIT 11:00 - 11:30 	Body Pump 9:50 - 10:50 	HIIT 10:35 - 11:20 	Body Pump 9:30 - 10:30 	Hatha/Yin Yoga 10:00 - 11:15 	
Body Pump 10:30 - 11:30 	Gym Floor Lift 12:00 - 12:45  GYM FLOOR	Body Balance 10:50 - 11:50 	Hatha Yoga 11:30 - 12:30 	Vinyassa Yoga 10:30 - 11:30 	Gym Floor Lift 12:00 - 12:45  GYM FLOOR	
Hatha Yoga 11:30- 12:30 	Pilates 17:00 - 18:00 	Aqua 12:00 - 12:50 	LBT 17:30 - 18:30 	Hatha Yoga 17:00 - 18:00 		
Aqua 12:45 - 13:30 	Gym Floor Core 17:30 - 18:00  GYM FLOOR	HIIT 17:30 - 18:00 	Spin 18:30 - 19:15 	HIIT 18:00 - 18:45  GYM FLOOR		
Zumba 17:00 - 17:45 	DanceFit 18:00 - 19:00 	Body Pump 18:00 - 19:00 	Yin Yoga 19:15 - 20:30 	Gym Floor Lift 19:00 - 19:45 		
Spin 18:00 - 19:00 	Spin 19:00 - 20:00 	Body Balance 19:15 - 20:15 				
Body Pump 19:00 - 20:00 						



# GROUP CLASS INFORMATION

## HOLISTIC CLASSES

### Body Balance

Body Balance is a top Les Mills class using classic moves from Yoga, Pilates and martial arts to music to help improve posture and strengthen your body.

### Hatha Yoga

Hatha is a style of yoga that's great for relaxing with a focus on mindfulness and breath work. Like all our yoga styles here at Peake Fitness, it will help you to de-stress and unwind.

### Pilates

Pilates helps to build a strong mind-muscle connection to your postural muscles, abdomen and core with a focus on breathing techniques and mindfulness.

### Vinyasa Yoga

Vinyasa is a style of yoga where postures are linked together with breath in a flowing sequence. Working through lots of different flows means no two classes are the same and they are always a challenge.

### Yin Yoga

Yin yoga takes you through postures and stretches to target areas of tightness and weakness. You don't need to be flexible as the class is suitable for all, and using yoga tools will help your practice progress.

## STRENGTH CLASSES

### Body Pump

Body Pump offers a full-body Les Mills barbell workout, using uplifting music to help build and tone the main muscle groups.

### LBT

Legs, Bums & Tums is aimed at toning and building muscle through using weights, using your body as resistance, or using tools like stability balls.

### Stability Ball

Stability Ball focuses on stability and strength, featuring exercises and movements using Swiss Balls. This class also helps to improve your overall fitness levels.

## SMALL GROUP PT CLASSES ON GYM FLOOR

### Gym Floor Core

Core training is much more than 100s of sit-ups! These small group classes are there to push your core training to the next level. Just don't expect to be able to laugh the next day.

### Gym Floor Lift

If you want to weight train but are not sure where to start, or need some motivation to lift heavier, these classes are perfect for you. We'll focus on technique to help get the most from your workouts.

## CARDIO CLASSES

### Aqua

Aqua is a choreographed aerobic session that takes place in our indoor pool. Test your ability to exercise in the water whilst having fun! Aqua is a great way to exercise with low impact on joints.

### DanceFit

DanceFit is a contemporary, freestyle and choreographed instructor-led dancing session. Find your inner dancer. Boogie and exercise away to musical tracks whilst having fun and getting fit.

### HIIT

High-Intensity Interval Training includes many formats featuring short bursts of cardio activity, exercising the whole body. A great all-rounder to improve your fitness.

### Run Club

Get outside with Trudy's run club. Enjoy the fresh air as you take a route around our stunning golf course and surrounding areas. Suitable for runners of all levels and abilities.

### Spin

Get your head down and ride - it's the perfect way to switch off. Our spin classes are high-energy and powered by great music, making them a fun way to improve your cardio fitness and tone those legs.

### Zumba

A Latin-inspired dance class that will not only burn calories but also make you smile.